

Breakfast



RECIPE

Banana & Nuts Pancakes

Ingredients

- 1 egg, beaten
- 1/3rd tsp, baking soda
- 1/2 cup, milk
- 1/2 ripe banana, mashed (leave a few chunks)
- A pinch of cinnamon powder
- 1/2 cup, flour
- Salt, a pinch
- 1 ½ tsp, butter
- 1 tbsp, sliced almonds and walnuts

Step by step

Cooking Instructions

Combine flour, cinnamon powder, baking soda and salt.

In separate bowl, mix together egg, milk, melted butter and bananas.

Stir flour mixture into banana mixture; batter will be a little lumpy.

Heat a lightly buttered or greased frying cpan over medium high heat.

Pour or scoop batter onto pan, using about 1/4 cup for each pancake.

Cook until pancakes are golden brown on both sides.

Serve them hot, with sprinkled nuts.

Taste best with strawberry syrup.

Nutritional values

2-3 Year olds

Energy

12.64 kcal

Protein	31.24% (RDA)*
Calcium	7.2% (RDA)*
Iron	12.15% (RDA)*
4-5 Year olds	

Energy	9.93 kcal
Protein	25.96% (RDA)*
Calcium	7.2% (RDA)*
Iron	8.41% (RDA)*

***Recommended dietary allowance**

TIPS

- This recipe makes 6 pancakes and we suggest you to serve 2 to your kid.
- You can make pancakes in different shaped molds available in market so as to increase your kids' excitement. Infact you can create stories around their breakfast.
- Instead of sprinkling nuts around the pancakes just like that you can create eyes and nose with them.