



Banana-Yogurt Pancakes

15'

Hands on

30'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 1 egg
- 200 g yogurt
- 3 tablespoons sunflower oil
- 1 teaspoon vanilla extract (2 packets vanilla powder)
- 25 g granulated sugar
- pinch of salt
- 90-100 g all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- butter or oil for frying
- 4 bananas, sliced

Method

- Prepare 2 mixtures. In a bowl, combine the yogurt, sugar, vanilla, sunflower oil and the egg.
- In a separate bowl, combine the flour, baking powder, baking soda and salt. Mix well. Combine the 2 mixtures. Mix with a spoon. Heat a large pan or cast iron skillet over medium heat.
- Cut the bananas into 0.5 cm thick slices.
- Add 1 tablespoon of butter or oil into the pan. Let it get very hot.
- Add a heaping tablespoon of batter into the pan, carefully.
- When it seems to start drying along the sides, place 2-4 banana slices onto each pancake. Cook them for 3-4 minutes, until lightly browned underneath. Flip with a thin spatula, and cook the other side. If any bananas slide out, simply slip them back under.
- Cook for another 2 minutes or until the bananas caramelize underneath.
- Remove from pan and keep warm until all the pancakes are done.
- Serve with honey and more sliced bananas.

Διατροφικός πίνακας

Nutrition information per portion

358 Calories (kcal)	14.0 Total Fat (g)	3.5 Saturated Fat (g)	49.0 Total Carbs (g)
18%	20%	18%	19%
28.0 Sugars (g)	8.3 Protein (g)	2.4 Fibre (g)	0.93 Sodium (g)
31%	17%	10%	16%