

Banana Scotch pancakes



Simple recipe,
tasty result

Delicious dessert

Makes
15

Prep in
10

Cook in
20

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Banana Scotch pancakes

MAKES: 15 PANCAKES
TAKES: 10 MINUTES TO MAKE
& 20 MINUTES TO COOK

250g plain flour
2 tsp bicarbonate of soda
500ml Co-operative Healthier Choice low fat natural yogurt
2 tsp vanilla extract
2 Co-operative medium free range eggs
30g butter, melted
4 tbsp semi skimmed milk
2 bananas, peeled and finely chopped
1 tbsp olive or vegetable oil
To serve, maple syrup and extra bananas (optional)

- 1 Put the flour and bicarbonate of soda into a large bowl.
- 2 In a large jug or bowl, mix together the yogurt, vanilla, eggs, melted butter and milk.



- 3 Add the yogurt mixture to the flour and mix well. Add the chopped bananas and mix.
- 4 Heat a little oil in a pan, spoon in large dollops of the batter and fry gently for a few minutes. Turn over and cook for another few minutes until golden and the pancakes are cooked through. Repeat with the remaining oil and batter. Serve with maple syrup and extra bananas.

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approx. per serving (serves 15)

ENERGY 630kJ 150kcal 8%	FAT 4.2g MED 6%	SATURATES 1.9g LOW 9%	SUGARS 8.9g MED 10%	SALT 0.6g MED 10%
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% of adult's reference intake

carbohydrates per serving: 20.7g

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