



Activity Sheet

SERVES: 1

TOTAL TIME: 20 MINUTES

Banana Pancakes Recipe

You will need:



2 _____



2 tablespoons of _____



A knob of _____







1 very ripe _____





1 tablespoon of _____

How to make your pancakes:

1. In a _____ mash 1 very ripe _____ using a _____.
2. Crack 2 _____ into the _____ with the mashed _____ and mix with the _____.
3. Add in 2 tablespoons of _____ and 1 tablespoon of _____. Mix to combine.
4. You will need an adults help for the next part. Put 1 knob of _____ on a frying pan and turn it on to a medium heat.
5. Put 3 tablespoons of the mixture onto the pan to make a pancake.
6. After 2-3 minutes the pancakes should start turning golden on the bottom and puffing up.
7. Flip the pancake and cook the other side until it is golden. Now you have your first pancake. Repeat this until the mixture is gone.
8. You can serve your yummy pancakes with some sweet _____ and any other fruit you like. Enjoy!