



TASTY BANANA PANCAKE RECIPE

If you want to grow up to be strong and healthy, it's important to eat the right balance of food from all five food groups – and stay active, of course. The delicious recipe below is packed with nutrients to fuel your body, with plenty of protein, carbs and natural sugar. Remember to ask a grown up to help you!



You will need:

- 2 eggs, beaten
- 1 banana
- $\frac{1}{3}$ cup oats, blended
- A pinch of cinnamon

This mixture makes approximately 4 pancakes.

1. Using a fork, mash the banana into a bowl
2. Beat the eggs, then add them to the bowl and mix thoroughly
3. Blend the oats in a mixer until they are fine and powdery
4. Add the blended oats to the mixture and stir
5. Add a pinch of cinnamon
6. Heat some vegetable oil or butter in a pan
7. Pour some of the mixture into the pan and cook for one minute
8. Turn your pancake over and cook for another minute on the other side
9. Cook your pancake until it is a light golden brown on both sides
10. Serve with butter, golden syrup, Greek yoghurt, fruit, lemon curd or a topping of your choice!

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