



BANANA & EGG PANCAKES

Shrove Tuesday always falls the day before Ash Wednesday (the first day of lent in the Christian calendar). Traditionally pancakes were eaten on Shrove Tuesday to use indulgent ingredients such as milk and eggs up before the start of the 40-day fasting season.

These innovative fruity pancakes make a delicious and healthy alternative to more traditional wheat-based pancakes.



Skills Check: Follow a recipe; Follow food safety and hygiene rules; Tidy away; Mash; Whisk; Use the hob (with adult supervision).

Equipment: Bowl, fork, non-stick frying pan, spatula.

Ingredients (Serves 2; makes approx. 4 pancakes):

- 1 egg
- 1 banana
- 2 tbsp Greek Yoghurt
- 2 tbsp mixed berries
- Cooking oil for greasing

Method

1. Mash the banana well with a fork until smooth and then whisk in the egg really well.
2. Add a small amount of oil to the frying pan, just enough to grease, and heat on high until the oil begins to smoke, then turn down the heat to medium.
3. Place tablespoons of the mixture into the pan (approx 10 cm in diameter) and cook gently for 2 -3 minutes on each side or until golden brown.
4. Serve with Greek yoghurt and washed, fresh berries.

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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 135g serving
(2 pancakes)

ENERGY
548kJ / 135kcal 7%

MED FAT
4.7g 7%

LOW SATURATES
0.9g 4%

MED SUGARS
12.6g 14%

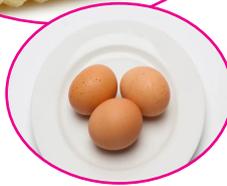
LOW SALT
0.2g 3%

% of an adult's reference intake
Typical values per 100g : Energy 406kJ /96Kcal

So, thinking about Banana & Egg Pancakes..

Bananas are a nutritious and filling fruit, providing an excellent source of potassium (good for blood pressure regulation) and vitamin B6, as well as being a source of fibre.

Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.



Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage