

HELENA'S BANOATY PANCAKES



A big thanks to Helena, our PhunkyFoods local school support worker in Halifax, for this delicious, simple and super-healthy pancake recipe!

Serve with fruit of your choice, Greek yogurt and a drizzle of honey if necessary!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; use a jug to measure liquids; use weighing scales; use the hob (with adult supervision).

Equipment: Measuring jug; hand blender; frying pan; ladle/spoon; spatula.

Allergens*: Gluten; Eggs; Milk

Ingredients (makes 4 pancakes):

- Knob of unsalted butter
- 50g porridge oats
- 50ml semi skimmed milk
- 1 egg
- 1 large banana
- Fruit of your choice, to serve

Method

1. Blend all ingredients together in a measuring jug and leave to stand for 10 minutes.
2. Heat a small knob of butter in a frying pan over a medium heat.
3. Use a small ladle to transfer a quarter of the batter to the pan.
4. When bubbles begin to appear, give the pancake a flip over and cook for a further minute.
5. Repeat with the remaining batter until it's all used up.
6. Serve on a plate with piles of fruit and a dollop of Greek yogurt.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

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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

So, thinking about Banoaty 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.



Oats provide starchy carbohydrate, which gives us slow-release energy, and are a good source of fibre, vitamins and minerals.



Milk is a great source of calcium and protein. Semi-skimmed and skimmed milks contain all the important nutritional benefits of milk, but are lower in fat.

Energy, sugar, fat and salt per serving

Per 129g serving (2 pancakes)

ENERGY	962kJ / 229kcal	11%
FAT	9.4g	13%
SATURATES	4.3g	22%
SUGARS	10.0g	11%
SALT	0.1g	2%

% of an adult's reference intake
Typical values per 100g : Energy 746kJ / 178kcal

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