

Banana pikelets

Makes approx. 10 pikelets depending on size

Freezer friendly

Ingredients:

- 1 banana, mashed
- 1 cup self-raising flour
- ½ teaspoon baking powder
- 1 egg
- ¾ cup milk
- ½ teaspoon vanilla extract (optional)
- Olive oil spray

Method:

1. Sift self-raising flour into a bowl.
2. Whisk in egg and milk until smooth.
3. Add mashed bananas and stir until well combined.
4. Heat a non-stick frypan on medium heat and lightly spray with olive oil.
5. Place heaped tablespoons of batter onto the pan and cook for 2-3 minutes or until bubbles begin to appear on the surface of each pikelet. Gently flip and cook for another 1-2 minutes or until golden.
6. Place the pikelets onto a plate lined with kitchen paper and continue to cook until no batter remains.
7. Store the pikelets in the fridge or freezer until ready to be added to the lunchbox.