

BANANA PIKELETS



Prep and cook time: 15 minutes

Freezer friendly

Ingredients

- 1 over ripe banana, mashed
- 1 cup wholemeal self-raising flour
- 1 egg
- 3/4 cup milk
- 1/2 teaspoon vanilla essence (optional)
- olive oil spray

Method

1. Sift flour into a bowl.
2. Add egg and milk and whisk until batter is smooth.
3. Add mashed banana and stir to combine.
4. Heat non-stick frypan on medium heat and lightly spray with olive oil.
5. Place heaped tablespoons of batter in the pan and cook for 2 to 3 minutes or until bubbles appear on the surface of each pikelet.
6. Gently flip and cook for another 1 to 2 minutes or until golden brown.
7. Place pikelets on a plate lined with kitchen paper and continue to cook until no batter remains.

