

BANANA PANCAKES

Ingredients for 5 servings (about 900 g):

- 380 g of the Purena banana purée
- 280 g of wheat flour
- 3 eggs
- a pinch of salt
- 170 ml of milk
- 1 tsp of baking powder
- rapeseed or sunflower oil - for frying
- icing sugar, maple syrup, etc.
- 1 tsp of natural vanilla essence



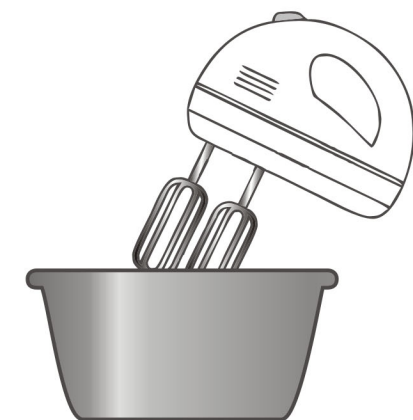
DIRECTIONS:

1



In a bowl, mix the banana puree and eggs thoroughly with a whisk.

2



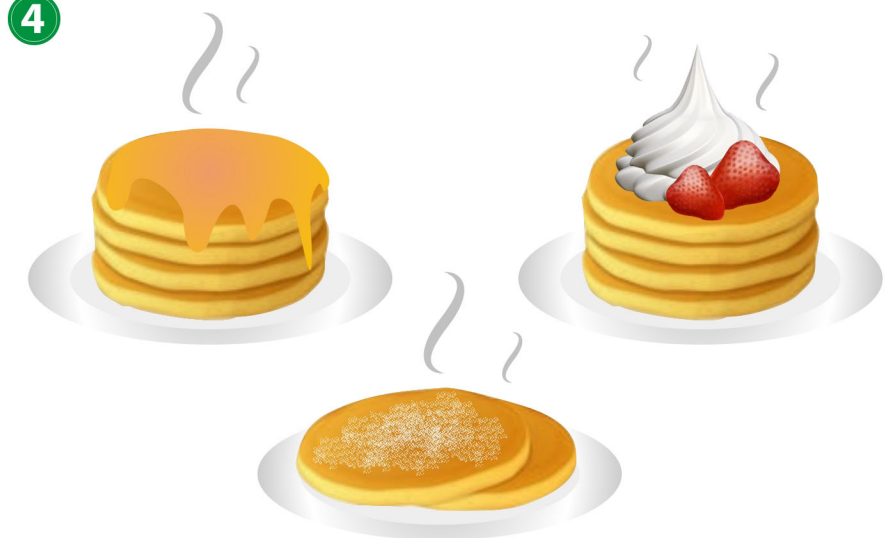
Add the milk and the rest of the ingredients: flour, baking powder, salt and vanilla essence. Whisk it. Add additional 1-2 tbsp of flour if necessary. The dough should not be too liquid.

3



Heat the oil in a frying pan. Spoon portions of the batter into the frying pan and fry until golden on both sides, for about 3 minutes.

4



Serve slightly warm with icing sugar or maple syrup and fruit.

Nutrition info:

100 g
195 kcal

1 serving
382 kcal

Consume the prepared pancakes within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.