



Banana Pikelets



Developed by Accredited Practicing Dietitian and Accredited Nutritionist, Joel Feren, featuring the purest choice, Capilano Organic.

Skill Level	Easy	Energy	392kj	Carbohydrate	18.3g
Cooking Time	20 mins	Protein	2.2g	Sugars	9.3g
Servings	2	Fat	0.8g	Fibre	1.7g
		Saturated Fat	0.4g	Sodium	87mg

INGREDIENTS

1 cup wholemeal flour
 1½ tsp. baking powder
 2 medium bananas, mashed
 ¼ cup Capilano Organic honey
 ¾ cup milk
 1 tsp. vanilla essence

INSTRUCTIONS

- 1 Whisk milk and egg together in a small mixing bowl.
- 2 Sift flour into a large mixing bowl then add baking powder.
- 3 Add milk and egg mixture to dry ingredients followed by honey, vanilla essence and honey. Whisk well to combine.
- 4 Heat a frying pan over medium heat. Grease with pure butter to prevent sticking.
- 5 Use soup ladle to add small amount of mixture to pan. Cook for 1-2 minutes, or until small bubbles appear on surface.
- 6 Turn pikelet over and cook other side for further 1 minute, or until golden brown.
- 7 Repeat process using remaining mixture.
- 8 Serve with drizzled Capilano honey and fresh banana.