THE LIGHTER PLATE METHOD

Sweet Tapioca Crêpe with Banana

A Brazilian breakfast staple — a thin tapioca crêpe filled with banana and cinnamon.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**5 min**	**10 min**	**1**	**EASY**

Ingredients

- 1 egg
- 1 tbsp tapioca starch
- 1 tbsp cocoa powder
- 1 banana (sliced or mashed)
- 0.5 tsp ground cinnamon

Method

1. Beat the egg on its own until smooth.
2. Stir in the tapioca starch and cocoa powder to a thin batter.
3. Pour into a greased pan over a low heat and cook until golden on the base, then flip to brown the other side.
4. Fill with the banana mashed or sliced with cinnamon, fold and serve.

Tips & swaps

- Tapioca starch is sold as 'tapioca flour' in most UK supermarkets' free-from aisle.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
210	**8g**	**30g**	**7g**	**3g**

Estimated values, for guidance only. Contains: Egg.