THE LIGHTER PLATE METHOD

Wholemeal Banana & Walnut Pancakes

Fluffy, lightly nutty pancakes sweetened almost entirely by ripe banana.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**12 min**	**20 min**	**2**	**EASY**

Ingredients

- 120 g wholemeal flour
- 2 ripe bananas
- 1 egg
- 180 ml semi-skimmed milk
- 40 g walnuts (roughly chopped)
- 1.5 tsp baking powder
- 1 tbsp vegetable oil (for frying)

Method

1. Mash one banana thoroughly in a large bowl. Slice the second and set aside for serving.
2. Whisk in the egg and milk, then fold in the flour and baking powder until just combined — a few lumps are fine. Stir through half the walnuts.
3. Heat a little oil in a non-stick frying pan over a medium heat. Add tablespoons of batter, two or three at a time.
4. Cook for 2 minutes, until bubbles appear across the surface, then flip and cook for 1 minute more.
5. Stack up, top with the sliced banana and remaining walnuts.

Tips & swaps

- Do not beat the batter once the flour goes in; overworking wholemeal flour makes the pancakes tough. Keep the heat moderate or the outsides colour before the middles set.

Storage & reheating

Best fresh; keeps a day in the fridge and reheats in a dry pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**12g**	**48g**	**15g**	**6g**

Estimated values, for guidance only. Contains: Gluten, Egg, Milk, Tree nuts (walnuts).