



Healthy Breakfast Pancakes - serves 1 person

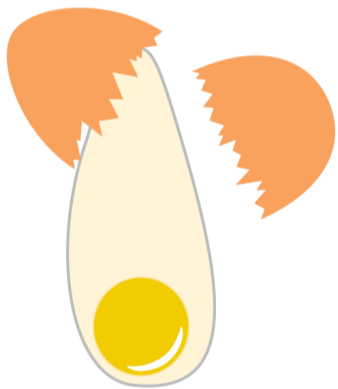


INGREDIENTS

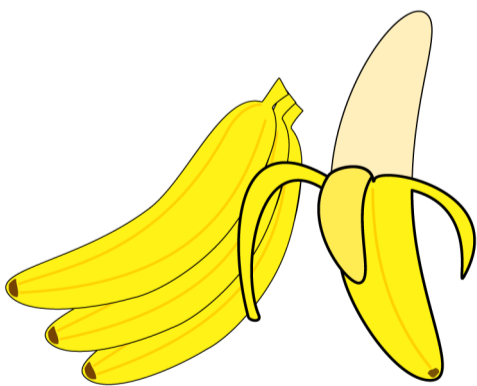
- One egg
- One ripe banana
- 4 tablespoons of porridge oats
- Half a teaspoon of vegetable oil
- Fruit and yogurt to serve



First **wash your hands** with soap and water

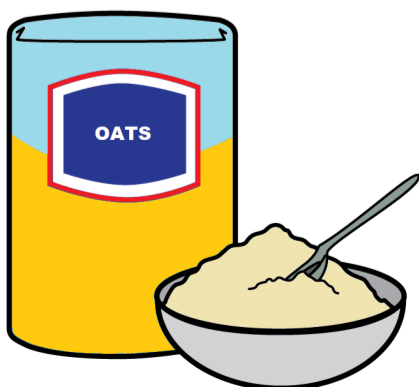


Crack one egg into a large bowl



Add one **ripe banana**

Mash with a fork until smooth

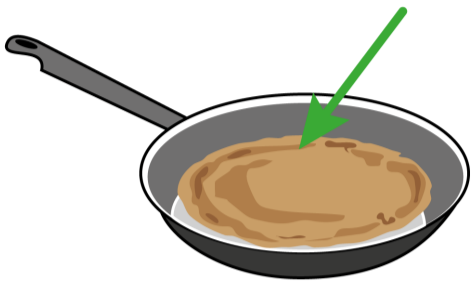


Add 4 tablespoons of **oats**

Mix well



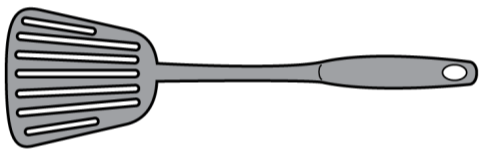
Heat half a teaspoon of **vegetable oil** in a non-stick frying pan



Spoon the batter in to the pan to make three pancakes

Leave space between each pancake

Flatten the mixture with the back of a spoon



Cook for **2 and a half minutes** one side

Flip the pancakes over with a **spatula**

Cook for **2 minutes** on the other side



Serve with **fruit**, yogurt or a **drizzle of honey**

Enjoy!

If you are worried about your diet and would like more help contact your GP.

Health Facilitation Team. Telephone: **0113 8555049**. Email: getcheckedoutleeds@nhs.net