

BANANA VEGAN - AMERICAN STYLE

Ingredients

1 banana
1 tbsp oil, plus extra to oil the pan
1 tsp lemon juice
½ tsp ground cinnamon
100g plain flour
½ tsp baking powder
250ml plant based milk

Method

In a mixing bowl, mash the banana with a fork and whisk in the oil, lemon juice and cinnamon. Add the flour and baking powder. Stir while gradually adding the milk. The batter will take on the consistency of yogurt.

Heat a little of the oil in a non-stick frying pan over a medium heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three (depending on the size of your frying pan) at a time. Cook for 2-4 mins (if they start to cook too quickly turn the heat down) until the edges are set, and bubbles are appearing on the surface.

Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm while you cook the remaining pancakes.

Serve

Maple Syrup

Makes about 12 depending on size of banana

Enjoy

