

Banana and oat pikelets

Food Foundations • another NAQ Nutrition program

Ingredients:

Makes 20 pikelets

- 2 eggs
- 1 cup flour
- 1 cup rolled oats
- 2 teaspoon baking powder
- 400ml milk
- 2 bananas, mashed
- 1 teaspoon vanilla essence



Method:

1. Combine all ingredients.
2. Add extra milk if the batter is too dry.
3. Heat pan with a small amount of oil.
4. Cook until small bubbles form on the surface. Flip over and cook the other side.
5. Serve.

Food Group	Serves provided 2 pikelets
Fruit	0.2 serves
Grain foods	0.7 serves