



Banana Wholemeal Pancakes

MAKES 8

Ingredients

- 1 cup low fat milk
- 1 egg, lightly beaten
- 3 tsp cooking oil
- ½ cup plain flour
- ½ cup wholemeal flour
- 1 tsp baking powder
- 2 ripe bananas, medium, mashed
- ½ cup creamed corn



Method of preparation

1. Combine egg, low fat milk and 1 teaspoon of cooking oil in a bowl. Whisk until well mixed.
2. Combine flour and baking powder in another bowl, then mix well.
3. Add the flour mixture into the egg mixture. Mix until just combined. Do not overmix.
4. Add in banana and mix well.
5. Heat a non-stick pan with 2 teaspoons of cooking oil, then pour ¼ cup of mixture onto the pan.
6. Flip when bubbles appear in the centre of the pancake and cook until golden brown.
7. Serve hot with a droplet of creamed corn.

Nutrition Information Per Pancake

Energy	125kcal
Carbohydrate	21g
Protein	4g
Total fat	3g
Saturated fat	0.6g
Cholesterol	24mg
Dietary fibre	1.2g
Sodium	138mg
Carbohydrate exchanges	~1.5 exchange

About the author: Sharon Teoh is a dietitian with National Healthcare Group Polyclinics. She is passionate about helping people to eat well and live a healthy lifestyle.