

# banana maple pancakes for one



## ingredients:

one small banana  
1 egg  
¼ cup self-raising flour  
1 tablespoon sugar  
pinch of baking soda  
three drops of vanilla  
2 tablespoons of milk  
2 tablespoons of maple syrup  
extra self-raising flour (if needed)  
a dob of butter

**step one:** Peel and, using a fork, mash the banana in a bowl large enough to cater for adding the rest of the ingredients.

**step two:** Add the egg and thoroughly mix with the mashed banana.

**step three:** One at a time, add the milk, sugar, and vanilla and mix to combine.

**step four:** Place the flour and baking soda in a sieve and add to the mixture ⅓ at a time, gently combine. Add extra flour if needed. (See below)

**step five:** Add the dob of butter to a hot pan, and spoon in the mixture in three equal amounts. Reduce the heat to medium temperature and flip the pancakes over when the air bubbles have popped.

**step six:** Just before the pancakes have finished cooking completely, add the maple syrup to the pan. Remove when done and dust with a little icing sugar.

## helpful hints:

- Use an old, over-ripened banana for a full-bodied banana flavour.
- Dress with fresh strawberries, banana slices and warmed maple syrup for added 'Wow' factor.
- IF the mixture is too sloppy, add the additional flour, however, only add enough to ensure the mixture has a 'Goldilocks' consistency - not too thin and not too thick.

*Enjoy!*