

LighterLife Management

Week 3 Recipes:

Light and fluffy banana pancakes chicken with sweet potato wedges

Whizz up these light vegan pancakes for breakfast, brunch or dessert – they're delicious and nutritious any time of the day.

Makes: 6

Nutrition per serving:

141 kcal, 4g protein, 30g carbs, 1g fat, 2g fibre

Ingredients:

- 100g ripe banana
- 250ml unsweetened, non-dairy milk
- 200g self-raising flour
- 1 tsp ground cinnamon
- 1 tbsp lemon juice
- Powdered sweetener to taste

Method:

1. Mash the banana in a bowl, then whisk in the milk and add the flour a little at a time until well combined.
2. Warm a medium-sized, non-stick frying pan over a medium heat.
3. Add half the batter and cook until the edges start to firm up and the middle is bubbling, then flip over and cook the other side for 1 min or until golden brown. Remove from the pan, pop on a warm plate and cover. Repeat for the second pancake.
4. Serve drizzled with lemon juice and sprinkled with sweetener to taste.