



**BLACKMORES®**

Makes 8 medium sized pancakes

## Banana porridge pancakes

Perfect for breakfast or a healthy lunch box treat, your little Well Being is sure to love this healthy twist on banana pancakes.

### Ingredients

- 3/4 cup buckwheat flour (or around 3/4 cup buckwheat groats blitzed into flour)
- 3/4 cup oat flour (or around 1 cup rolled oats blitzed into flour)
- 3 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 2 ripe bananas, mashed
- 2 eggs, lightly whisked
- 3/4 cup milk of your choice
- 1/4 cup honey or maple syrup
- 1/2 teaspoon vanilla
- Unsalted butter or coconut oil, to cook
- Yoghurt, maple syrup and extra slices of banana to serve

These banana pancakes are made with whole, unrefined flour instead of white flour. You'll get more fibre and more nutrients like iron, magnesium and potassium making these yummy pancakes a perfect everyday option for your child's breakfast or lunch box snack.



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### How to make

1. Place the buckwheat flour, oat flour, baking powder, salt and cinnamon into a large mixing bowl and whisk to combine.
2. Whisk together the mashed bananas, whisked eggs, milk, honey or maple syrup and vanilla in a separate bowl and once everything is combined, pour the wet mixture into the dry mixture and stir until a smooth batter is formed.
3. Place a medium frypan on the stove and turn the stove onto a medium heat. Once the pan is hot, add a coating of butter or coconut oil and pour around 80-100mls of the pancake mixture into the pan.

Cook each pancake for 1 minute or until the top of the pancake is showing air bubbles and the bottom is golden (if they are browning too quickly before they can be flipped, turn down the heat on the stove), then flip and cook the other side for another minute.

Wrap your cooked pancake up in foil and continue with the rest of the batch, adding each one to the foil wrap as they are completed.

Alternatively, you can heat your oven to 150 degrees and add them to the oven once they're done to stay warm.

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4. To serve, top with yoghurt, maple syrup and extra slices of banana and enjoy!



You can also allow your pancakes to cool completely and store them in the fridge for up to 3 days in an airtight container.

When your little ones are ready for them, spread them with their favourite nut butter, salted butter or honey and enjoy!



Recipe by Roberta Nelson

Follow Roberta on Instagram [@naturomedico](https://www.instagram.com/naturomedico)  
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