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BANANA BLUEBERRY PANCAKES

Makes 5 pancakes – Hands-on: 15min

2 ripe bananas  
2 tbsp peanut butter  
2 eggs  
40g fine oats  
½ tsp vanilla extract  
2 tsp chia seeds (optional)  
30g butter  
2 handful blueberries  
yoghurt, to serve  
maple syrup, to serve

Peel the bananas, cut into slices, put in a bowl and mash with a fork until you get a purée.

Add the peanut butter, eggs, oats, vanilla extract and chia seeds, if using, and stir to get a batter.

Melt the butter in a frying pan and put the pancake batter into the hot butter to form 5 pancakes. Sprinkle a few blueberries over each pancake and fry over a low heat for 2 ½ minutes. Turn the pancakes over and cook for another 30 seconds on the blueberry side. Transfer onto a plate and repeat with the remaining batter.

Serve each portion of pancakes with a dollop of yoghurt and a generous drizzle of maple syrup.