

Nyonya Banana Pancakes

Makes about 16 mini pancakes

Energy: 95 Calories per pancake

Ingredients for pancakes:

- 2 bananas, mashed well or blended
- 175g whole-wheat flour or wholemeal flour
- ½ tsp baking powder
- 50g sugar
- 1 egg
- A pinch of salt (optional)
- Soft margarine (optional)

Ingredients for food art:

- Walnuts, toasted
- 2 bananas, sliced
- 2 strawberries, sliced
- 2 raisins

Method:

1. Mash with a fork or blend the bananas, until it becomes a puree then set aside.
2. Mix the flour, baking powder, sugar, low-fat milk and egg evenly. Add banana puree to the mixture and combine well.
3. Heat margarine in a non-stick frying pan. Pour in a ladle of the batter and cook until golden brown on both sides.

Assembly:

4. Stack 8 pancakes one over the other.
5. Place 2 banana slices on the top (eyes). Then stick one vertically cut banana slice in between the 2nd and 3rd pancake (tongue). Decorate the face with strawberries and toasted walnuts.

*tip - use really ripened bananas.