

# Coconut and Banana Breakfast Pancakes

These American style pancakes make a great choice for a weekend breakfast and can be made from things you may have in the store cupboard. They're also a great way to use up over ripe bananas.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone.  
Hold the device over the code and click to watch.



## Equipment you will need:

- |                 |                  |
|-----------------|------------------|
| Mixing bowl     | Whisk            |
| Fork or masher  | Frying pan       |
| Weighing scales | Measuring spoons |
| Measuring jug   | Spatula          |

## Ingredients (allergens highlighted in bold):

- |                                |                    |
|--------------------------------|--------------------|
| 3 bananas                      | 380ml coconut milk |
| 1/2 teaspoon ground cinnamon   | 2 tbsp oil         |
| <b>240g self-raising flour</b> |                    |

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](http://mayorsfundforlondon.org.uk/kitchen-social/take-and-make)  
Share your feedback in our survey: [www.surveymonkey.co.uk/r/TakeandMake](http://www.surveymonkey.co.uk/r/TakeandMake)

## Instructions:

1. Peel the bananas and cut up with a cutlery knife into a large mixing bowl.
2. Mash the bananas with a fork or masher until smooth. Transfer the batter to a measuring jug.
3. Add the flour, cinnamon and coconut milk to the bananas and whisk together until fully combined.
4. Measure half the oil into the frying pan and heat on the hob. Keep the rest of the oil in case you need it later.
5. Using the jug, pour the batter into the pan. You can either make 6 large pancakes or 12 smaller ones.
6. Don't try and cook too many pancakes at the same time!
7. Cook for around two minutes or until the edges of the pancakes turn golden and bubbles appear on the surface.
8. Flip the pancakes over using a spatula and cook for about a minute on the other side.
9. These are best eaten straight away!

Remember to measure or check the weights of your ingredients. We may have included more than you need.

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

### Tasty toppings

If you have an extra banana or some berries use them as a topping for your pancakes. You may also enjoy a drizzle of syrup or honey.



By mid-century, the world population will hit 9 billion people. By then, food production must be increased by 70% to meet this demand.