

Fresh for Kids®

# Banana pancakes with mango



## Banana pancakes with mango

**Preparation:** about 10 minutes  
**Cooking:** about 20 minutes  
**Serves:** 4 (makes 8 pancakes)

2 cups self-raising flour  
1 tsp baking powder  
1/4 cup caster sugar  
1 1/2 cups buttermilk  
1 egg  
Cooking oil spray  
3 small bananas, peeled and sliced  
1 mango, peeled and flesh sliced  
Maple syrup, to serve

1. Sift flour, baking powder and sugar into a large bowl. Whisk buttermilk and egg together in a jug. Using a large metal spoon, fold buttermilk mixture into dry ingredients.
2. Spray a large non-stick frying pan with oil and heat on medium. Using about 1/4 cup mixture per pancake, spoon mixture into pan and cook pancakes, in batches, for 2 minutes or until pale golden on the base. Top pancakes with sliced banana, turn and cook for 2-3 minutes until pale golden and cooked through. Transfer to a plate. Wipe out pan with paper towel. Spray with oil and repeat using remaining mixture.
3. To serve, place 2 pancakes on each serving plate, top with mango and drizzle with a little maple syrup.

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### Bananas

- An excellent source of vitamins B6 and C. Vitamin B6 is important in the body's nervous system and helps keep kidneys healthy.
- One banana provides over a third of your daily vitamin C requirements.
- A good source of potassium. The body needs potassium to balance sodium (from salt) as it maintains healthy blood pressure.
- You can't see fibres in bananas, but they're a good source of dietary fibre and help keep the intestine healthy.

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