

GUT-LOVING RECIPE

Banana Bran Hotcakes

Makes: 10 – 12 hotcakes
Preparation Time: 15 mins
Cooking Time: 20 mins

Ingredients:

- 1 cup strawberries
- ½ banana
- 1 cup Kellogg's All Bran®
- 1½ cup wholemeal flour
- 1 ½ tsp baking powder
- 1 cup of cow's milk, almond, oat or soy milk
- ½ cup plain Greek yoghurt
- 1 free range egg
- Oil for frying

Method:

1. Slice strawberries into thin slivers and set aside
2. Mash the banana with a fork and set aside
3. In a large bowl, mix cereal, flour and baking powder
4. Whisk together milk, yoghurt, egg and mashed banana
5. Combine wet and dry ingredients and then fold in the sliced strawberries
6. Grease a non-stick frypan with a little oil and heat to medium. When hot, spoon about 1/3 cup of batter onto the pan for each hotcake
7. Cook until lightly browned, flip, and cook until the second side is lightly golden
8. Serve immediately, or keep warm in low oven
9. Serve with a drizzle of maple syrup or honey