

## **Banana Pancake**



### **Ingredients**

1-2 Ripe	Bananas
1	Egg
2 cups	Flour
	Honey
1 Scoop/Tblsp	Ice Cream
	Oil to rub the pan with.
	Salt to taste

### **Preparation**

Use a food processor to mash the banana/s to a “paste”. Mix the flour (use Atta flour available from Asian grocery outlets, or normal Plain flour if you prefer; I used Atta flour as some say it is better for diabetics, hence the darker colour) and add to the food processor along with the egg. When the mixture is fresh, you may get the smell of banana, but when cooked and cooled, the smell disappears.

When you’re happy with the consistency, prepare the pan to make the pancakes. When the pan is hot enough, rub it with a paper towel dipped in the oil and pour the pancake mixture into it, spoon per pancake.

Once cooked on both sides, take off and allow to cool.

When you’re ready to eat, spoon some Ice Cream on, topped up with a tablespoon of honey, jam, Golden Syrup or as I prefer, Treacle.

Enjoy.