

Banana and Blueberry Pancakes

These fruity pancakes are great at any time of day – breakfast, lunch or pudding time.



2 servings

55 g self-raising flour
1 medium egg, beaten
90 ml made-up SMA Toddler Milk
1 small banana, chopped small
55 g blueberries
2 tsp sunflower oil
runny honey to serve

1. Sieve the flour into a bowl and make a well in the centre.
2. Pour the egg and SMA Toddler Milk into the centre and gradually whisk together with the flour until batter is smooth. Stir in the banana and blueberries.
3. Heat the oil in a non-stick frying pan, tilt the pan to coat all over with oil.
4. Spoon in the batter to make 4 even sized pancakes. Cook for 2-3 minutes until the under side is firm and golden. Flip over and cook for a further 1-2 minutes until golden brown
5. Serve warm with a drizzle of runny honey and thick yogurt.

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