



✂ Breakfast ⌚ 10 min

Easy Chiquita Banana Pancakes

Give your pancakes a banana boost, toss in some walnuts and you've got a new breakfast star. Cook Banana Pancakes on your stove-top griddle or electric skillet and top them with yogurt, fresh fruit and honey and you'll start planning next Sunday's breakfast.

1

In a medium sized mixing bowl, combine the banana, egg and baking powder, then stir in the walnuts.

2

. Spray a frying pan with spray grease and place on over a medium heat. Scoop desired size pancake batter and cook until golden.

3

Serve with desired toppings.

INGREDIENTS FOR 2 PERSONS

- 2 whole Chiquita Bananas, yellow with brown flecks, mashed
- 2 large eggs, mixed
- 1 pinch of baking powder
- 1 cup walnuts, chopped, optional

NUTRITIONAL VALUES PER PERSON

- 181 kcal Calories
- 5.3 g Fat
- 1.7 g Saturates
- 27.4 g Carbohydrate
- 14.8 g Sugars
- 3.1 g Fibre
- 7.4 g Protein
- 0.2 g Salt