



## EGGY PANCAKES

SERVINGS: 1-2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

### INGREDIENTS

- 2 eggs
- 1 cup milk
- 1 tsp nut butter
- 1/4 cup oats
- 1 tbsp nut butter
- 1-2 tsp fat (butter/oil)
- 1 banana

**Calories/serve** = 600

### DIRECTIONS

1. Blend egg, banana, oats, nut butter.
2. Add 1-2 tsp of butter/oil to pan on medium heat.
3. Pour ingredients into pan and cook for 2 mins, or until golden.
4. Flip and add more butter/oil as needed.
5. Once cooked, put pancake in blender and add 1 cup of milk. Blend to desired consistency.

### NOTES

- Ensure final consistency is equivalent to drinking yoghurt or pancake batter
- Consider with younger child offering a half serve - your dietitian will direct you