



EGGY PANCAKES

INGREDIENTSDIRECTIONS2 eggs1. Blend egg, banana, oats, nut butter1 cup milk2. Add 1-2 tsp of butter/oil to pan on medium heat.1 tsp nut butter3. Pour ingredients into pan and coor for 2 mins, or until golden.1-2 tsp fat (butter/oil)4. Flip and add more butter/oil as needed.1 banana5. Once cooked, put pancake in blem	SERVINGS: 1-2	PREPPING TIME: 5 MIN	COOKING TIME: 5 MIN
2 eggs2. Add 1-2 tsp of butter/oil to pan on medium heat.1 tsp nut buttermedium heat.1/4 cup oats3. Pour ingredients into pan and coo for 2 mins, or until golden.1-2 tsp fat (butter/oil)4. Flip and add more butter/oil as needed.	INGREDIENTS	DIRECTIONS	
Calories/serve = 600 and add 1 cup of milk. Blend to desired consistency.	1 cup milk 1 tsp nut butter 1/4 cup oats 1 tbsp nut butter 1-2 tsp fat (butter/oil) 1 banana	 Add 1-2 tsp of b medium heat. Pour ingredient for 2 mins, or u Flip and add mo needed. Once cooked, p and add 1 cup o 	outter/oil to pan on ts into pan and cook ntil golden. ore butter/oil as out pancake in blende of milk. Blend to

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