

Michael Weldon's Banana Pancakes for Little Athletes



Prep time: 10 minutes

Cook time: 10 minutes

Ingredients & Measurements

- 2 bananas, mashed
- 4 eggs
- 1 tsp cinnamon
- 1 cup buckwheat flour
- Pinch of salt
- Coconut oil

Garnish

- Greek yoghurt
- Maple syrup
- Optional: your favourite berries



Coles development chef Michael Weldon makes banana pancakes with Coles ambassadors Nina Kennedy (Olympic champion) and Brandon Starc (Australian record holder)

Method

1. In a bowl mix the banana and eggs until combined. Add in the cinnamon, flour and salt, mix into a batter.
2. In a medium non-stick frypan over a medium heat, heat a teaspoon of coconut oil. Add a ladle of banana pancake batter, roll around the pan gently to spread. Cook until a few small bubbles form on the top of the pancake. Flip and cook the other side once cooked. Remove from the pan and keep warm. Repeat the process until all the pancakes are cooked.
3. To serve, stack the pancakes up and top with yoghurt and maple syrup. You can then add any fruit you like - berries and bananas go very well together!



Coles, donating millions of bananas to Little Athletics since 2017.