

BREAKFAST
Exclusive Recipe

Wholewheat Blueberry & Banana Pancakes

Wholemeal flour to gives the nutrition profile of these pancakes an extra boost and they are topped with Greek yogurt for added protein.

Serves 4

350g reduced-fat Greek-style yogurt
1tsp vanilla extract
1 ripe banana (100g peeled weight),
mashed
Grated zest 1 lemon, plus 2tbsp juice
1 egg 100g wholemeal flour
1½tsp baking powder
2tbsp milk
250g fresh or frozen blueberries
Spray sunflower oil
4tsp runny honey



- In a bowl, whisk 125g of the yogurt with the vanilla extract, mashed banana, lemon zest and juice, egg, flour, baking powder and milk until smooth. Stir in half the blueberries.
- Spray a large non-stick frying pan with sunflower oil and set it over a medium heat. Put of the batter (about 2tbsp) into the hot pan to make 1 pancake. Cook for 2 min until small bubbles appear on top, then flip carefully. Cook for another 1½–2 min until golden on both sides.
- Transfer to a plate and keep warm. Repeat with the remaining batter to make 12 pancakes.