



Banana Pikelets

1-2 YEARS

RECIPE

PREP: 10 MINS

COOKING: 5 MINS

PORTION(S): 14

BREAKFAST

Ingredients

$\frac{3}{4}$ cup (110g) self raising flour

2 tsp caster sugar

1 egg beaten

210mL prepared NAN Toddler Milk Drink

1 medium banana finely chopped

Spray oil for cooking

Ricotta to serve, if desired

Honey* to serve, if desired

Step by step

Banana Pikelets

1. Place flour and sugar in a medium bowl; pour in combined egg and NAN Toddler Milk Drink; fold in banana.
2. Heat a non stick frying pan over medium heat; spray with oil; add tablespoonfuls of mixture; cook until bubbles appear on the surface; turn over and cook a further 1 minute or until cooked through.
3. Serve spread with ricotta and honey* if desired.

TIP: Cooking affects certain heat sensitive nutrients in NAN Toddler Milk Drinks, so there may be a reduction in the nutritional value of this recipe against the nutritional information panel of the product. Call our Careline for more information on 1800 468 8736.