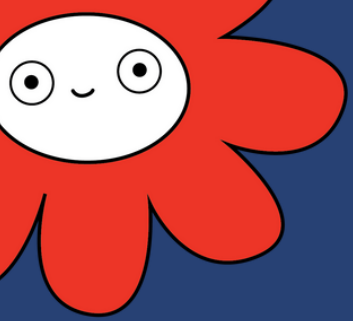


# HAPPY MOTHER'S DAY

YOU'RE THE GREATEST!





# BANANA HOTCAKES WITH BLUEBERRY SAUCE

Get an adult to help you cook a special breakfast for Mum

SERVES 6  
PREP 15MIN  
COOKING 25MIN

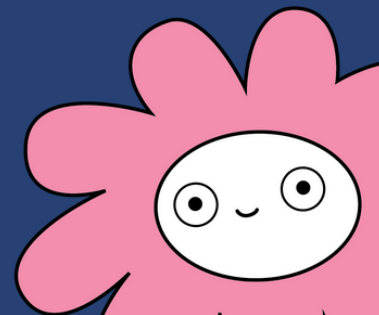
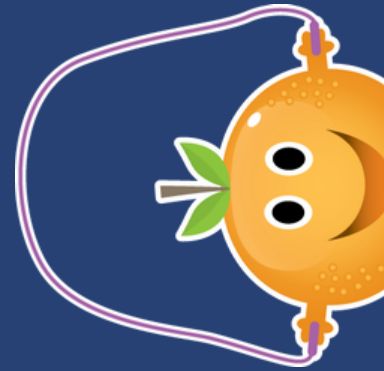
## INGREDIENTS

### HOTCAKES:

1&1/4 cups buttermilk  
2 large eggs, separated  
1 tbs brown sugar  
1 cup self raising flour  
1/3 cup (40g) oat bran  
1 tsp cinnamon  
1/2 cup mashed ripe banana (180g)  
1/2 cup low fat Greek yoghurt  
2 large banana (350g) sliced to serve

### BLUEBERRY MAPLE SAUCE:

2 x 125g punnets of  
blueberries  
2 tbs of maple syrup



## METHOD

1. Whisk buttermilk, egg yolks and sugar until well combined.
2. Combine flour, oat bran and cinnamon in a large bowl. Make a well in centre.
3. Add in mashed banana and buttermilk mixture. Whisk to form a smooth, thick batter.
4. Beat egg whites in a separate clean bowl until soft peaks form. Fold whites into batter in two batches.
5. Heat a large, non-stick frying pan over medium heat, Spray with oil. Add 1/4 cup of the batter. Repeat to make hotcakes, allowing room for spreading. Cook over a medium heat for about 2 minutes or until bubbles appear on surface of the batter. Turn hotcakes. Cook for further 2 minutes or until browned on both sides. Transfer to a plate. Cover to keep warm. Continue process with remaining batter to make 12 hotcakes altogether.
6. To make sauce, place blueberries and maple syrup in a small saucepan. Bring to the boil. Gently boil for about 2 minutes, stirring occasionally until berries collapse slightly and become syrupy.
7. To serve, top warm pancakes with yoghurt, sliced banana and warm blueberry maple sauce.



# FREE MOTHER'S DAY COLOURING IN CARD

