

Blueberry hotcakes with banana



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Preparation: about 12 mins **Cooking:** about 12 mins
Serves: 4

Ingredients:

1 cup plain flour
2 tsp baking powder
1/2 tsp bicarbonate of soda
pinch salt
2 tbs caster sugar
1 egg
2/3 cup low-fat milk or buttermilk
150g blueberries
melted butter or oil cooking spray, for greasing
2 medium bananas, sliced diagonally, to serve
sifted icing sugar, to serve

Method:

1. Sift flour, baking powder, bicarbonate of soda and salt into a medium bowl. Stir in sugar.
2. Lightly beat egg and milk in a jug. Using a large metal spoon, stir egg mixture and blueberries into dry ingredients until just combined.
3. Heat a large non-stick frying pan over medium heat. Brush with melted butter or spray with oil to grease. Using about 1/4 cup mixture for each hotcake, cook in batches, for 1–2 minutes or until bubbles start to form on surface. Turn hotcakes over and cook for a further 1–2 minutes or until pale golden. Keep warm.
4. Place two hotcakes on each serving plates. Top with sliced banana. Dust with sifted icing sugar and serve.



Blueberries:

- A good source of vitamin C which is important for healthy gums.
- Provide vitamin E, one of the antioxidant vitamins that helps prevent damage to body tissues.
- A good source of dietary fibre, which is important for a healthy intestine.