

Banana pancake recipe

EYFS: Active learning: being involved and concentrating. Birth to 5 Matters: The world: Expressive arts and design: Creating with materials: Create a rich well-ordered environment that enables babies and children to use all their senses.

You are your child's teacher:

Use descriptive language: talk about what your child can see avoid asking questions.

Talk about what you are doing.

Allow time to complete the activity.

Involve your child in the whole process.

Be warm, supportive, and



First we:

Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk. Make a well in the centre of the dry ingredients, tip in the wet ingredients and swiftly whisk together to create a smooth, silky batter.

Then we:

Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.

Stack the pancakes on plates and top with the banana slices, a glug of sticky maple syrup and a handful of pecan nuts, if you like.

- 350g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas
- 2 medium eggs
- 1 tsp vanilla extract
- 250ml whole milk
- Butter for frying

