

BANANA PANCAKES

This recipe is quick and easy to prepare and provides a delicious, healthy, energy packed breakfast. You can substitute other fruits for the bananas.

Serves: 6 (2 pancakes each) **Prep. time:** 5 mins

Cooking time: 10-15 mins for the complete batch

2 cups/500 ml	all-purpose flour
1 tsp/5 ml	salt
2 tbsp/30 ml	sugar
1 tsp/5 ml	baking soda
2	eggs or egg powder equivalent
2 cups/500 ml	milk or reconstituted powdered milk
1/2 stick/60 ml	butter
1	banana, finely sliced
1 tbsp/15 ml	vegetable oil

At camp:

In a large bowl, mix together the flour, salt, sugar and baking soda. In a smaller bowl, mix the eggs, milk and butter. Blend in the dry mixture to form a batter. Gradually add the sliced banana to the mix.

Heat a skillet over a medium heat, add a little oil to prevent sticking, and pour in about 2 tablespoons of batter for each pancake. Serve with jams, jellies or other preserves.