



# Apple & Banana Hotcakes

 10 minutes preparation + 20 minutes cooking.

 4 serves of fruit.

## INGREDIENTS

2 eggs  
2 teaspoons margarine, melted  
2 ½ cups low-fat milk  
2 cups self-rising flour  
2 tablespoons sugar  
3 medium apples, peeled, cored and grated  
1 teaspoon vegetable oil  
2 ripe bananas, sliced  
1 tablespoon honey



## DIRECTIONS

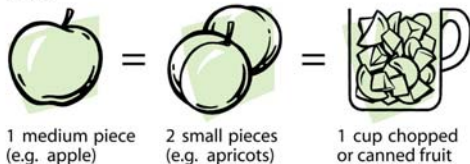
In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

## VARIATION

Add ¼ cup sultana to dry mixture.

## WHAT IS A SERVE?

### Fruit

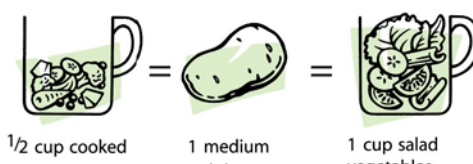


1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. apricots)

1 cup chopped  
or canned fruit

### Vegetable



½ cup cooked  
vegetables or cooked  
legumes

1 medium  
potato

1 cup salad  
vegetables



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