



Banana and Chocolate Pancakes



Calories: 444



Carbs: 51



Protein: 18



Fat: 11

SERVINGS: 1

PREPTIME: 5 MIN

COOKING TIME: 10 MIN

Ingredients

- 40 g Ready Brek
- 2 medium eggs
- 50 ml milk
- 1/2 tbsp granulated sweetener or other sweetener
- 1 tsp vanilla extract
- 1 large banana sliced
- 3 tsp chocolate spread
- 1 tsp Choc Shot
- 1 strawberry for garnishing
- low calorie cooking spray

Directions

- Mix the Ready Brek, eggs, milk, vanilla and sweetener together well.
- Spray a frying pan with some low calorie cooking spray and allow to heat.
- Pour in small amounts of the mix to make 2 pancakes. Allow to cook through until brown underneath, then turn and cook for a few more minutes.
- Repeat until all the mix is used (you should get 4 pancakes from the mix).
- Place one pancake on a plate, spread it with some of the chocolate spread, then a layer of sliced banana.
- Repeat until you have stacked all the pancakes and banana, making sure the top has a thin layer of chocolate spread and a few banana slices. Top with a strawberry then drizzle with the chocolate shot.