



HEALTHYFOOD  
STUDIO

# *Flop-proof flourless Banana and oats* CRUMPETS WITH GRANADILLA CRÈME AND BERRIES

## INGREDIENTS

### CRUMPETS

- |       |                      |
|-------|----------------------|
| 2     | Bananas ripe smashed |
| 1     | Egg whisked          |
| 1 cup | Raw oats             |

### GRANADILLA CRÈME

- |      |  |
|------|--|
| 60ml | Plain yoghurt                          |
| 60ml | Low fat/fat free cottage cheese smooth |
|      | Fresh granadilla pulp                  |
|      | Fresh berries for garnish              |

## METHOD

### CRUMPETS

- 01 Mix all ingredients in a bowl to combine well.
- 02 Spoon into medium hot pan and cook each side until golden brown.

### GRANADILLA CRÈME

- 01 Mix the ingredients in a bowl and spoon onto the pancake and garnish with berries, honey and mint.