



#ENVIROFIT   
**SUPERCHEF**  
**MODERN TWISTS**

## Banana Pancakes

### Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 2 eggs
- 1 cup milk
- 2 tbsp sugar
- 1 banana



### Preparation Method

1. In a large mixing bowl combine the flour and baking powder, then add in eggs and milk.
2. Roughly mash banana with a fork then mix with sugar. Stir into the flour mixture and mix well.
3. Light your **Envirofit SuperSaver Charcoal** jiko using a ½ tin of charcoal.
4. Heat your pan over low heat. Pour a little oil just to coat the pan and avoid the pancakes sticking.
5. Pour your batter onto the heated pan. Cook on one side until you see bubbles appear. Flip and cook the other side until golden brown.
6. Garnish with banana or other fruit and enjoy!