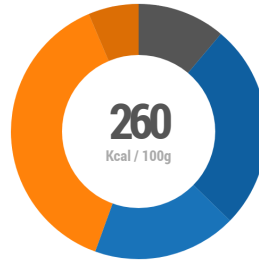


Caramelised Banana Pancakes

American Style Pancakes with Caramelised Banana, Peanut Butter & Maple Syrup

OVERVIEW ...



CALORIES:

44.4% Carbs

11.1% Protein

44.5% Fat

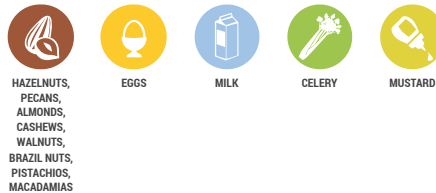
FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS

OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

136364 Crepe Cuisine American Style Vegan Pancake..

AMERICAN STYLE VEGAN PANCAKE

BRAKES **80g**

Each

unchanged

10354 Bananas..

BANANAS FRESH DIRECT

BRAKES **70g**

0x Each

unchanged

136321 Sun-Pat Smooth Peanut Butter..

SMOOTH PEANUT BUTTER

BRAKES **50g**

0.13x Each

unchanged

100535 Brakes Pure Canadian Maple Syrup..

PUREADIAN MAPLE SYRUP

BRAKES **20g**

0x Each

N/A

151641 World of Spice Sesame Seeds Whole..

SESAME SEEDS WHOLE

BRAKES **2g**

Toasted

N/A

74817 Pomegranate Seeds..

POMEGRANATE SEEDS

BRAKES **5g**

0x Each

unchanged

113882 Premium Large Mint Bunch..

PREMIUM LARGE MINT BUNCH FRESH DIRECT

BRAKES

1g

0x Each

N/A

106066 Tate & Lyle Fairtrade Icing Sugar 1kg.. - BRAKES

FAIRTRADE ICING SUGAR 1KG

BRAKES

2g

0x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 230g / 609kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Defrost the pancakes
- Peel the banana & slice lengthways
- Toast the sesame seeds
- Pick the mint leaves

Method:

1. Place the maple syrup & peanut butter into a small pan and warm on a gentle heat - mix well
2. Dust the banana halves with icing sugar (reserve some icing sugar for garnish)
3. Place the banana on to a baking tray and caramelize under a hot grill
4. Place the pancakes into a microwave and heat on high power for 30 secs
5. Put the pancakes on to a plate, spoon over the warmed peanut butter & maple syrup sauce
6. Arrange the caramelised banana halves on top
7. Garnish with pomegranate seeds, toasted sesame seeds, mint leaves & dust with remaining icing sugar - serve!