



Ballybrado Peanut Butter-Banana Pancakes

Ingredients

6 eggs, separated

12 tbsp Ballybrado Organic White Spelt Flour

6 tsp sugar

Pinch salt

3 bananas, mashed

3 heaped tbsp peanut butter

Pinch baking powder

Milk

Method

1. Whisk egg whites with sugar and salt until they form stiff peaks
2. Mix bananas, flour, egg yolk, baking powder and peanut butter and whisk. Add milk as necessary until the dough is pourable but not runny.
3. Fold in whisked egg whites
4. Lightly grease a frying pan, and, using a ladle, pour small portions of dough into the frying pan. When bubbles start to form, turn the pancake and bake until golden brown on both sides.
5. Serve with sliced banana and a dollop of peanut butter.

Tip: make this pancake even more delicious by adding some chocolate syrup!