



Vegan Banana Pancakes with a quick fruit compote (serves 4)

Ingredients:

(makes 8 small pancakes)

For the Pancakes

100g porridge oats
50g walnuts, roughly chopped
1 tsp baking powder
pinch salt
1 ripe banana, peeled and mashed
150ml/5fl oz plant milk
Oil or margarine for cooking



For the Compote

500g fresh or frozen fruit *(you can use a mixture of blackcurrants, redcurrants, strawberries, raspberries or rhubarb)*
1 dessert spoon sugar *(or 2 teaspoons honey or 3 tablespoons orange juice)*

Equipment:

Sauce pan
Measuring spoons
mixing bowl
chopping board and knife
Potato masher (or a fork)
Peeler (or sharp knife)
Lemon squeezer (or a fork)
Large serving spoon
Food turner

Cooking Instructions

1. Roughly chop the walnuts In a food processor, pulse the oats until you have a scruffy flour. Transfer to a large bowl. Add the pecans, baking powder and salt.
2. In a food processor, pulse the oats until you have a scruffy flour. Transfer to a large bowl. Add the nuts, baking powder and salt.
3. Slice the banana and put into a bowl. Then use the masher (or a fork) to mash the banana into a paste then pour in the milk and mix
4. Beat the banana mixture into the dry ingredients and leave the batter to sit for a few minutes, Whilst you..

..make the compote

5. Chop your rhubarb (if using) into 2cm pieces and add to the pan
6. If using strawberries chop any larger berries in half or quarters then add all the berries to the pan with the rhubarb
7. Squeeze the juice from the orange using a lemon squeezer or a fork and pour over the fruit in the pan. (if not using orange juice then add 3 tablespoons of water to the pan)
8. Add the sugar then put onto a gentle heat and cook for 10 minutes (cover the pan with a lid if you have one).
9. Now your fruit should be cooked into a nice glossy sauce so take it off the heat.



Cook the Pancakes

10. Put a little oil (about½ tablespoon) in your frying pan and put on a medium heat
11. When the oil is nice and hot add large spoonful's of pancake mix to the pan. Make sure you don't put the pancakes too close together as they will spread during cooking.
12. Cook for 1-2 minutes on the first side then use a turner to flip the pancakes over to cook the other side.
13. Serve them hot with the fruit compote on top. You could also top with yoghurt and fruit.

