



Gasmate

BANANA PIKELETS



BBQ



Camping
Stove

This is an easy breakfast and one the kids can get involved with and have some fun cooking something yummy for the family!

Makes 14-15 pikelets

Prep Time 30 Minutes

2 cups Self-raising flour
2 large Eggs (lightly beaten)
1½ cups Milk
2 medium Bananas mashed
2 tsp Sugar
Pinch of salt
Canola oil spray
Maple syrup and
berries to serve

1. In a large bowl add flour, salt and sugar.
2. Add beaten eggs to the center of the mixture and stir with a wooden spoon.
3. Slowly add milk whilst stirring until a smooth thick batter is formed.
4. Fold in mashed banana until combined.
5. Heat large fry pan on medium heat and before each pikelet spray generously with canola nonstick spray.
6. Add approximately 1.5 tablespoons of batter in the center and spread to make an even circle shape. Not too large a circle so they remain thick.
7. Cook on one side for approx. 1 minute and then flip the pikelet and cook on other side until golden.
 - The pikelets can also be cooked on a BBQ hot plate which will allow you to cook more than one at a time.
 - Serve with maple syrup and fresh or frozen berries.

THE OUTDOORS MADE EASY.