

Banana and curd pancakes



10 min. 101 kcal SteviaSweet Crystal

Preparation

Put the bananas, quark and eggs into a bowl and mix with a hand blender. Add the sweetener, spices and flour. Mix until smooth and leave the batter to rest for 10-15 minutes. Heat the butter in a pancake pan and fry the pancakes on a low heat until golden brown. Serve immediately with fresh berries and banana.

Ingredients for 4 servings (14 pancakes)

2	bananas
250 g	curd
3	eggs
1/2 tbsp	SteviaSweet Crystal
1/2 tsp	ground vanilla
1/2 tsp	cinnamon
1/4 tsp	salt
2 tsp	baking powder
90 g	wheat flour
	Butter for frying

To serve

Banana
Fresh berries

Nutritional information per portion

101	kcal
427	kJ
4.5	g Protein
13	g Carbohydrates
3.5	g Fat