



# Pancakes with Caramelised Cinnamon Peach



Calories

Per 100g

R1%

## Method

1. Turn on the grill to a high heat.
2. Drain the peaches and place them on a baking tray. Drizzle with 1 tbsp honey and sprinkle over cinnamon evenly.
3. Cook the peaches under the grill for 3 minutes on each side until slightly charred, and mix in with the juices a few times when cooking to ensure the honey juice is covering the peaches. (An even lower sugar content to this recipe can be achieved by grilling without the honey).
4. Mash the bananas in a bowl until smooth. Add with eggs and cinnamon.
5. Heat the oil in a large non-stick frying pan on medium to high heat. Ensure the pan is hot before cooking.
6. Pour half the mixture in and cook to create 1 pancake, turn to cook other side. Be careful not to burn. The mixture will provide enough for 2 pancakes.
7. Serve with the peach slices and a large dollop of Greek yoghurt.

## Ingredients

For the Pancake:

- 2 ripe Banana
- 4 eggs
- 1 tsp cinnamon

For the Topping:

- 1 x 220g can Princes Peach Slices with Juice
- 1 tbsp honey
- 1 tsp cinnamon

Sugars	Fat	Saturated Fat	Salt	
91Kcal	9.3g	2.7g	0.7g	0.15g
5%	10%	4%	4%	3%

- **4 tbsp Low Fat Greek yoghurt. For a creamier flavour, try Full Fat Greek Yoghurt**