

[RECIPE FOR HEALTHY PANCAKES](#)



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Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings.

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Heat griddle or nonstick pan over medium heat. Mash the banana in a bowl until smooth. Mix in the egg. Once pan is hot, lightly oil with canola oil. Once oil is hot, add no more than 3 tablespoons of batter to the griddle and cook, until golden brown (about 2 minutes per side). Carefully flip the

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Enjoy your pancakes the healthy way this Shrove Tuesday by giving them a nutritious and delicious twist with our simple step-by-step guide. Before you start, whip up Jamie's awesome granola dust from his latest book, Everyday Super Food.

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10 Healthy Pancake Recipes Ambitious Kitchen

From eggs and turkey bacon to pancakes or oatmeal; I'm always switching my breakfasts up. Whether you are training, trying to lose weight, making healthy meals for your kids or just eating clean, it's always nice to have a resource to look to for healthy recipes that are both nutritious but also taste damn good.

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Healthy pumpkin pancakes recipe BBC Good Food

Tip the flour into a bowl and add the baking powder. Measure the milk into a jug and stir in the butternut squash, followed by the egg yolk. Make a well in the centre of the flour and gradually add the milk mixture until you have a lump-free batter.

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