



BANANAPANCAKES (HIGH CARB)

INGREDIENTS

- 1 medium unit (7" to 7-7/8" long) of bananas, raw (118 g)
- 2 medium units of egg, whole, raw, fresh (88 g)
- 20 grams of oats, instant dry
- 15 grams of rego Rapid recovery SIS (1 scoop)
- 1 tbsp of oil, coconut (14 g)
- 2 tbsps of syrups, maple (40 g)
- 2 tbsps of honey (42 g)

COOKING METHOD

- 1° Mash the banana till fluid
- 2° Whisk the eggs, and mix with the banana, oats and honey
- 3° Heat up the oil and start baking small pancakes
- 4° Poor the maple sirup over the pancakes , you can add soms fruit on top of it my favorite is blueberries

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	212 kcal	11 %
PROTEIN	6 g	12 %
CARBOHYDRATE	33 g	13 %
SUGARS	22 g	25 %
FAT	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	4 g	21 %
FIBER	2 g	6 %
SODIUM	97 mg	4 %