



## Apple and Banana Hot Cakes

### Culinary Love Recipe

#### Ingredients

- 2 eggs
- 3 medium apples peeled, cored and grated
- 2 teaspoons of margarine, melted
- 1 teaspoon of vegetable oil
- 2 ½ cups of low fat milk
- 4 ripe bananas, sliced
- 2 cups self raising flour
- 1 tablespoons honey
- 2 tablespoons of sugar

#### Method

1. In a large bowl beat eggs, margarine and milk.
2. In a separate bowl, mix flour and sugar and gradually stir into wet mixture until smooth. Fold in the apple.
3. Heat oil in a non stick pan over medium heat.
4. Add 2-3 tablespoon of mixture, flip when bubbles appear in the centre of the hot cake & cook until golden brown. Serve with banana & drizzled honey. Makes 10.

10 minutes preparation + 20 minutes cooking

#### Variation

Add ¼ cup sultanas to dry mixture.