

## Super Healthy 3 Ingredient Flapjacks

### Ingredients:

### Flapjacks:

- 1 medium-large ripe banana
- 2 large eggs
- 1/3 cup Woolworths Instant Oats
- \* ¼ tsp cinnamon (can be added as an optional 4<sup>th</sup> ingredient)

### Cooking:

- 2 tsp coconut oil

### Garnishing:

- 1 cup mixed fresh berries
- ½ cup Woolworths Full Cream Plain Yogurt
- Flaked almonds
- 1 tbsp honey

Makes 4 – 5 flapjacks

### Method:

1. In a bowl, mash the banana with a fork.
2. Whisk the eggs and add to the bananas. Mix until well combined.
3. In a blender / food processor blend the oats slightly until fine.
4. Mix well with the banana mixture.
5. Heat a pan over medium heat and add the coconut oil.
6. Pour a ¼ of the batter into the warm pan and cook for 1 minute (or until golden brown) per side.
7. Serve while still hot and ENJOY!

### Serving suggestions:

Top with a generous dollop of full cream yogurt, fresh mixed berries, flaked almonds and honey