

HEALTHY AND YUMMY OATMEAL PANCAKES

by Moritz von Pidoll

Ingredients:

- ½ cup of oats and ½ cup of oatmeal flakes (if you don't have oatmeal flakes at home you can take 1cup of oats instead)
- 2 eggs
- 2 ripe bananas
- butter or oil
- optional : fruits , cinnamon , maple syrup

Put the oats, eggs and bananas into a blender and blend them really well.

Now heat a skillet and put some butter or oil in it. Be careful that it's not too hot. Add the batter.

Let it cook through on one side before you carefully flip it onto the other side.

When they are done arrange the pancakes on a plate with maple syrup or fruits.



There is a special day in GB called "Pancake day". It's the last day before Lent begins the following day. It comes from a time when any remaining food, for example butter, eggs and milk, was eaten on the day before the beginning of Lent.