

# Flourless banana & oat crumpets

with granadilla crème and berries

# Ingredients

#### Crumpets

2 ripe bananas, smashed

1 egg, whisked

1 cup raw oats

## Granadilla crème

60ml plain yoghurt

60ml low fat/fat free smooth cottage cheese

2 fresh granadillas

Fresh berries, mint and honey for garnish

# Method

#### Crumpets

Mix all ingredients in a bowl and combine well.

Spoon into a medium to hot pan and cook each side until golden brown.

### Granadilla crème

Mix the yoghurt and cottage cheese in a bowl and spoon onto the pancakes.

Garnish with berries, honey and mint.





