

Banana pancakes with blueberry sauce



Serves 1(3-4 pancakes)

Pancakes: (191 cal)

1/3 cup of mashed banana (approx. 1 large)

1 egg

¼ teaspoon of baking powder

¼ teaspoon of cinnamon

Mix all ingredients together with a stick blender.

Cook on a medium hot frying pan lightly brushed with butter or oil spray. Turn once bubbles appear through the mix.

Serve with the blueberry sauce.

Sauce: (40 cal)

¼ cup of frozen or fresh blueberries

1 teaspoon of agave nectar (to taste)

¼ cup of water

Place all ingredients into a saucepan and simmer until the berries are nice and soft and the sauce thickens.