

Yuletide Pancakes

Whip up snowman flapjacks for Christmas or Boxing Day brunch.

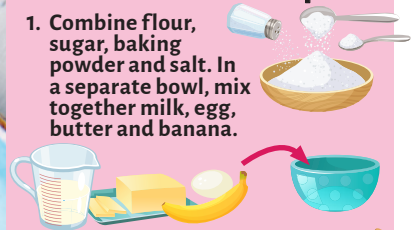
Banana pancake snowman

SERVES
4



Follow these steps

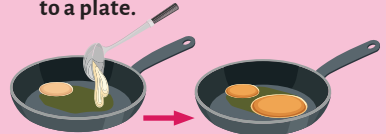
1. Combine flour, sugar, baking powder and salt. In a separate bowl, mix together milk, egg, butter and banana.



2. Make a well in the centre of flour mixture and pour in banana mixture. Stir until the mixture is moistened and large lumps disappear.



3. Heat a lightly-oiled griddle or pan over medium-high heat. For each snowman, pour ¼ cup batter (the body) and 2 tbsp batter (the head) onto the griddle. Cook until bubbles appear on the surface. Flip and cook until the other side is golden brown. Transfer to a plate.



4. Decorate your snowman to form the eyes, mouth, arms, buttons, hat, etc. Sprinkle with icing sugar.



→ WHAT YOU'LL NEED

- 1 cup all-purpose flour
- 1 tbsp sugar
- 2 tsp baking powder
- Pinch of salt
- 2 tbsp unsalted butter, melted (or vegetable oil)
- 1 cup milk
- ½ cup mashed banana
- 1 egg, beaten
- Fruits e.g. berries and grapes, pretzel sticks, icing sugar, etc. (for decorating)



'Deco' Delights

Prepare a variety of colourful fruits for decoration. Children can get **creative** and it is a fun way to incorporate **nutrients** into their diet.



Rise And Shine

➤ **Kickstart your day** with a nourishing breakfast, such as vitamin-rich fruits and eggs which are a good source of protein. Other healthy brekkie options include high-fibre foods such as wholegrain cereal, and adding nuts, seeds and/or beans for extra nutritional oomph.

Find out more at www.healthhub.sg/live-healthy/940/energy-boosting-breakfasts