



HEMP BANANA PANCAKES

*Recipe by
Zoe Bingley-Pullin*

- 1 Banana
- 1 Egg
- ¼ cup **Thompson's Hemp Seeds**
- ¼ cup **Thompson's Hemp Wholefood Powder Unflavoured**
- Pinch of Turmeric and Cinnamon

1. In a large bowl, mix together the Banana, **Thompson's Hemp Seeds**, **Thompson's Hemp Wholefood Powder Unflavoured** and spices.
2. Make a well in the centre and pour in Egg. Mix until smooth. In a medium sized pan, heat oil and drop 1 tablespoon of the batter into the pan.
3. Cook the pancakes on each side for 2-3 minutes and flip.
4. Add toppings such as Coconut Yoghurt, Mixed Berries and a sprinkle of **Thompson's Hemp Seeds**.



VEGETARIAN



DAIRY FREE



NUT FREE



NO ADDED GLUTEN

