

High-fibre Pancakes with Banana (1 serving)

Ingredients:

Banana	1/2 piece
Instant oatmeal	4 Tbsp
Instant pancake mix	1/2 bowl
Water	approx. 180 ml

Methods:

1. Mix oatmeal and pancake mix, add appropriate water and stir thoroughly to make a batter.
2. Grease a non-stick frying pan with small amount of oil, heat the pan. Pour appropriate amount of the batter into the pan and fry until both sides are golden brown.
3. Cut the banana into slices and put on top of the pancakes.

Dietitian's Tips:

- Oatmeal has water-soluble fibre which combines with cholesterol and then excretes it, hence help in lowering blood cholesterol.
- Bananas are rich in potassium, which maintains proper water and pH balance in the body, beating of the heart and normal transmission of nervous impulse.

Other Tips:

Read nutrition label on prepackaged food (e.g. instant pancake mix, etc.) before purchasing helps to understand the nutritional content, and hence helps to choose a healthier choice, e.g. to choose food lower in fat, sodium (or salt) and sugars.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)	Sugar (g)	Salt (mg)
372.9	10.6	4.8	72.6	5.4	170.3	7	790.7

*the above data is general information for reference.