The simplest way
...to add fruit at breakfast time

Ingredients
2 eggs
1 tbsp honey
2 1/2 cups low-fat milk
3 ripe bananas, sliced
2 cups self-raising flour
2 tbsp sugar
2 tsp margarine, melted
3 medium apples, peeled, cored and grated

Method
In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar, then stir into wet mixture until smooth. Fold in apple. Heat oil in a pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear and cook until golden. Serve with banana and drizzled honey. Makes 10.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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