

# CRICKET FLOUR AND BANANA PANCAKES

THE GREAT  
**EXHIBITION**  
**ROAD** FESTIVAL



## Cricket Flour and Banana Pancakes

**Prep Time:** 5 mins, **Cook Time:** 15 mins, **Serves:** 2

### Ingredients

- 25g cricket flour
- 1 large banana or 2 small bananas, peeled and mashed
- 2 medium eggs
- ½ tsp baking powder
- ½ tsp vanilla extract
- 1 tsp oil for pan

### Serving suggestions

- Honey – natural sweetness
- Sliced strawberries – classic and vibrant
- Blueberries – juicy bursts of flavour
- Mango chunks – tropical and sweet
- Toasted pumpkin or sunflower seeds – adds crunch
- Greek yogurt with honey – protein boost

### Method

- Add bananas, cricket flour, eggs, vanilla essence and baking powder to a mixing bowls
- Whisk until mixture is equally combined.
- Heat pan with oil.
- Spoon out mixture until you make little circles then fry each pancake until brown and able to flip.