

Zero Waste Porridge Pancakes with Pineapple Core Syrup

Ingredients – makes 8 pancakes

150g cold leftover porridge
150g self raising flour
2tsp baking powder
1 leftover banana
2 eggs
100ml milk
1 pineapple core & skin & flesh
100g coconut sugar

Method

1. To make the pineapple syrup, dice the skin & core of the pineapple & cover with 100g unrefined sugar & leave to soak for 4 hours until the syrup has all come out of the pineapple. This is now ready to serve.
2. To make the pancake mix stir together porridge, flour, baking powder, banana crushed, egg & milk into a bowl.
3. Heat some oil in a frying pan & drop 3tbsp of porridge mixture into the pan over a medium heat & cook until golden brown & fluffy in the middle.
4. Finish by plating pancakes & topping with fresh pineapple & pineapple core syrup to finish & enjoy your wasted experience.
5. Top with some toasted pumpkin seeds to add a extra crunch.



All Chefs Are Responsible For Using Correct Measurements To Ensure Nutritional Analysis Is As Accurate As Possible.
Allergens, Although Stated, Are To Be Used As A Guide And Dishes Must Have All Allergens Checked Before Sale, As
Products May Vary Slightly From Suppliers



INDEPENDENT

RECIPE BANK