

REDUCE, REUSE & RECYCLE TIPS

#BananaPancakes

**Every year, UK households bin 4.5 million tonnes of edible food. That's rubbish!
Don't waste, taste!**

This is a great way to use overripe bananas!



You will need

- **2 overripe bananas**
- **half a mug of oatmeal**
- **1 tablespoon of coconut oil**
- **some sunflower seeds (optional)**



Cut the bananas into chunky slices and mash together with the oats and seeds until you have a gooey ball that holds together.

Heat the oil over a low heat in a non-stick saucepan. Put your banana ball into the pan and squish it down with a fork so its round and flat.



Cook gently for two minutes. Once one side has started to brown, flip the pancake and cook the other side. Remove from the pan and add any toppings you like. Tasty!

Share your
#BananaPancakes
with us using
#ecoMissionComplete



**Weekly tips for helping the environment
How many eco-missions can you complete?**