**FUTURELIFE® SMART FOOD™ CRUMPETS**



**INGREDIENTS**

* 150ml FUTURELIFE® Smart food™ (Chocolate or Original flavour)
* 75ml water
* 2 eggs
* Pinch of salt
* ¼ teaspoon baking powder
* 1 banana
* ¼ teaspoon oil
* Optional 1/3 cup cacao nibs

**METHOD**

1. Blend together all ingredients except oil until smooth.
2. Grease a non-stick frying pan with oil and heat to medium.
3. Use a ladle to pour mixture onto the frying pan.
4. When bubbles on the surface start to pop, turn the crumpet over using a spatula and cook the other side.
5. Recipe makes ±5 crumpets with a diameter of 10cm.