



Banana Buttermilk Recovery Pancakes

When you're training for an event, it's important to recover well after each training session. Eating a combination of unrefined carbohydrates and quality protein helps the body regenerate, absorb, adapt and improve as well as reduces fatigue and supports your immune function. Consequently you can train consistently with less risk of injury or illness.

But recovery is not just a question of ice baths and your favourite TV box set! What you eat is also hugely important too.

The four components crucial to good recovery are:

- carbohydrate to replenish depleted glycogen stores,
- protein to promote muscle repair, growth and adaptation,
- electrolytes to replace those lost through sweat and
- a variety of fruits and vegetables to ensure a good range of vitamins, minerals and antioxidants to support immune health.

These delicious Banana Oat Buttermilk Blinis tick all the boxes! We love them after a Sunday ride or, in fact, as a pre-race breakfast. Light, easy to digest yet sustaining and packed with the good stuff. Sometimes we wrap them up in foil to eat en-route...

I hope you enjoy this recipe. You'll find more in my Go Faster Food for your Active Family book, available here - [Go Faster Books - Buy Online - Free UK P&P - Kate Percy's \(katepercys.com\)](https://www.katepercys.com)

For more recipes and advice on how to eat for #Enerjoy! head to [katepercys.com](https://www.katepercys.com).

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Preparation Time: 5 minutes

Cooking time: 5 minutes

Serves 2/3 - 6-8 blinis

Ingredients

50g plain white flour

50g self-raising wholemeal flour

30g porridge oats

1 tsp baking powder

½ tsp bicarbonate of soda

Pinch of salt

2 tsp caster sugar (optional)

Handful of raisins (optional)

250 ml buttermilk (or natural yoghurt, thinned with milk)



1 large or 2 small ripe bananas, mashed with a fork

1 large free-range egg

1 tbsp sunflower oil

1 tbsp melted butter or sunflower oil to cook

Method

1. Combine the dry ingredients and raisins in a mixing bowl.
2. In another bowl, briefly beat together the buttermilk, egg and oil until combined. Add to the dry mixture and gently beat until just combined.
3. Leave the batter to stand for 5 minutes.
4. Heat a frying pan or pancake pan and with a little oil and/or melted butter. The pancakes brown quickly, so keep the pan on a low heat. Spoon tablespoons of batter into the pan to form 8-10 cm diameter cakes and cook for a couple of minutes. When little bubbles appear on the surface, flip the blinis and cook on the other side for another couple of minutes until well risen and cooked through.
5. Serve hot with your favourite toppings – we like Greek yoghurt, almond butter and fruit – or sprinkle with sugar, wrap in foil and take with you if you're racing away from home.