

Indulge in the rich taste of our organic pure amber maple syrup - drawn from the trees of Quebec's Bas-St-Laurent region.

This syrup embodies the natural, full-bodied sweetness of pure maple, infusing dishes with a classic caramel flavour.



### EASY BANANA PANCAKES

Prep: 10 mins | Cook: 12 mins | Makes: 12

#### Ingredients

|                                 |  |
|---------------------------------|--|
| 120g self-raising flour, sifted | 2 tbs vegetable oil (plus extra for cooking) |
| ½ tsp baking powder             | 150ml plant-based milk                       |
| 2 tbs golden caster sugar       | <b>Biona Pure Amber Maple Syrup</b>          |
| ¼ tsp fine salt                 | 200g fruit of choice, sliced                 |
| 1 large ripe banana, mashed     |  |

#### Method

1. Gently whisk the dry ingredients together in a large mixing bowl. Then stir in the wet ingredients and mix until well combined.
2. Over a medium heat, pour 2 tablespoons of batter per pancake into a well-greased frying pan leaving ample space for them to expand. Fry each side for 2 minutes until golden.
3. Finally, serve your delicious banana pancakes with a generous drizzle of amber maple syrup and your favourite sliced fruit.



vegan

# ORGANIC PURE AMBER MAPLE SYRUP

Grade A

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## ORGANIC PURE AMBER MAPLE SYRUP

### ORGANIC PURE MAPLE SYRUP AMBER RICH GRADE A

Ingredients: Maple Syrup\*. \*= Certified Organic Ingredients.

Best before: see lid. Storage Instructions: Store in a cool dry place. Once opened, keep refrigerated and use within 3 months.

| Average Nutritional Values per 100g |                |
|-------------------------------------|----------------|
| Energy                              | 1130kJ/270kcal |
| Fat                                 | 0g             |
| of which saturates                  | 0g             |
| Carbohydrate                        | 67g            |
| of which sugars                     | 66g            |
| Fibre                               | 0g             |
| Protein                             | 0g             |
| Salt                                | 0g             |



CA-ORG-006  
non-EU Agriculture  
**Country of Origin:**  
Canada



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[biona.co.uk](http://biona.co.uk)

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