



Kids with allergies or sensitivities to gluten-containing additives will love our mayonnaise, which is naturally free from gluten.

Here's why this is an ingredient for better living:



*Egg-free*

# Banana Flapjacks

**Ingredients:**

- + 2 small bananas, peeled and mashed
- + 6 tablespoons B-well Thick & Creamy Mayonnaise
- + ½ cup raw oats
- + 2 teaspoons cinnamon
- + B-well Canola Baking Spray

**Instructions:**

1. Combine all ingredients in a blender until thoroughly mixed.
2. For the flapjacks, coat a pan with baking spray.
3. Pour one large tablespoon of the mixture into the heated pan. When bubbles form, flip the flapjack and cook the other side.
4. Serve with fresh fruit of your choice.

**Parents,**  
 this is a nutritious delight filled with **vitamins, minerals, and antioxidants** from bananas, supporting overall health. Topped with fruit and made with B-well Thick & Creamy Mayonnaise as an egg replacement, it's **vegan-friendly, dairy-free** and **naturally free from gluten** - a tasty option for various dietary needs.

