



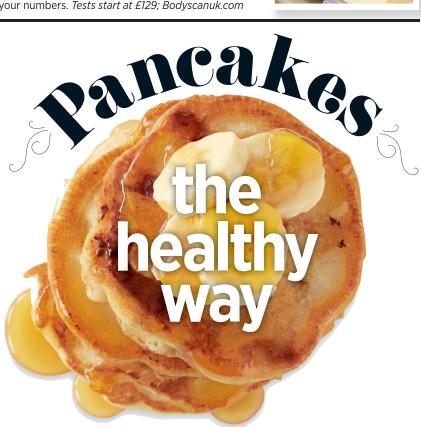
Let your legs do the talking with these super-stylish workout pants



• THE TEST • See how healthy you *really* are

A new test is set to revolutionise the way we think about our health. The Dexa Body Scan measures body fat, bone density, lean muscle and, crucially, visceral fat (the type around your internal organs). Too much can raise your risk of everything from diabetes to cancer. Even extremely thin people can have high levels, so it's definitely worth knowing your numbers. *Tests start at £129; Bodyscanuk.com*





Upgrade your Sunday mornings with these wholegrain beauties

Ingredients

- 125g wholemeal flour (for a gluten-free recipe, try buckwheat flour)
- 2tsp baking powder
- 1 egg, beaten
- 1 small banana, mashed
- 300ml skimmed milk

Method

 Combine all the ingredients in a bowl to make the batter.
Put a non-stick frying pan, griddle or baking stone over a medium heat.
To make each pancake, pour in 1tbsp of the mixture and cook until you see bubbles rising and the top begins to dry. **4.** Flip over and cook the other side for a minute. Cook three or four at once depending on the pan size.