



Banana Pancakes

Serves 2-4

Prep. 10 min Cook 15 min

This is a different, more comforting take on the typical pancake, using the combination of almond meal and banana in place of white flour typically used in a 'traditional' recipe. The addition of coconut cream on top makes them so creamy your mouth will water just thinking of them!

Ingredients

2 very ripe bananas
1 egg
1 cup almond meal
1 tsp baking powder
1/3 cup milk
Coconut oil

For serving

1 cup coconut cream (whipped)
or yoghurt
1 ripe banana, chopped

Preparation

Step 1: Mash the bananas in a large mixing bowl, then crack the egg in, combining them well.

Step 2: In a separate small bowl, thoroughly combine almond meal and baking powder.

Step 3: Alternate adding a little almond meal mixture and then a little milk to the banana mixture, making sure to completely combine each time before adding more.

Step 4: Heat 1 tsp of coconut oil in a large frying pan over a medium heat. Pour in one small ladle of pancake mixture into the centre. Cook for 2 minutes on each side or until the pancake starts to firm on one side. Adjust heat as required if it gets too cool or hot. Set aside cooked pancakes on a plate to keep them warm or serve them as you make each one. Repeat the process, adding a little oil every time before ladling more of the mix.

Serving suggestion:

Top pancakes with a dollop of whipped coconut cream or yoghurt and chopped banana. A sprinkle of cinnamon and a few berries are great additions, too!