



Green Banana Pancakes

Yield: 6 pancakes

Ingredients:

1 cup green banana baking flour
1 cup unsweetened almond or rice milk
3 eggs whisked
1 tbsp maple syrup
1 tsp vanilla extract
 $\frac{3}{4}$ tsp baking soda
 $\frac{1}{2}$ tsp apple cider vinegar
Pinch of salt
1-2 tbsp coconut oil to fry in
1 cup fresh berries, roughly chopped (if desired)

If you have food allergies, a sensitivity to wheat and/or gluten, or have Celiac disease, you should check with your healthcare professional before trying any new food or recipe.

Directions:

1. Mix dry ingredients in bowl with fork.
2. Add wet ingredients and slowly mix until thoroughly combined.
Note: green banana flour is a very fine powder, so you will want to mix slowly to minimize the mess.
3. Mix until there are no lumps. Unlike wheat flour, the fineness of banana flour tends to clump, so be vigilant.
4. Grease frying pan with oil and heat pan to medium-high.
5. Add $\frac{1}{4}$ to $\frac{1}{3}$ cup of batter for each pancake.
6. Cook for approximately 1-2 minutes and flip, cooking for another minute or so.
7. Serve with chopped berries on top.

Nutritional facts per serving:

Calories:	142	Dietary fiber:	1 g
Total fat:	4.8 g	Potassium:	49 mg
Protein:	3.5 g	Vitamin D:	8 mcg
Total carbohydrate:	21 g		