



Simple Banana Pancakes

2 servings
20 minutes

Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1 tbsp Coconut Oil

Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat 1T coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 2 minutes per side. They are a tad messy, be patient, you will get it. I use 2 spatulas to get under the pancake to then flip it. I had to add a little coconut oil to the pan before cooking each batch of pancakes (I have stainless steel pans).
- 3 Serve with a sprinkle of cinnamon, grass fed butter, or nut butter and a drizzle of maple syrup if desired (the maple syrup could turn on your sugar cravings so try to refrain). Healthy pancakes for kids!

Notes

Likes it Sweet: Add blueberries into the batter. My kids liked them with dairy free chocolate chips (just a few per pancake).

Healthy Fat Addition: I highly recommend topping with ghee, almond butter, coconut butter, or grass fed butter. If you choose to eat them plain please eat a protein on the side like bacon or a breakfast sausage to fill you up.

Servings : Using 1/4 cup, this actually makes quite a few pancakes. They are thin and I would say a serving is 2-3 pancakes. Any you do not use, wrap individually and put in the fridge to eat along with smoothies this week. These are great grab and go snacks (for anyone who works out or runs, pre workout snack for sure).