



BANANA PANCAKES

- Makes 2-3 slim pancakes
- You can prepare your batter the night before and leave resting in the fridge.
- These are so good, create your own toppings.
- Enjoy any time of day.

INGREDIENTS:

- 1 banana
- 1 egg
- 1 tsp chia seeds (optional)
- 1 tsp MACA powder or CACAO powder (optional)
- Unsweetened Almond milk
- Cinnamon
- Coconut oil for pan

TOPPINGS:

- Fruit / Greek style yogurt OR
- Nut butter / strawberries OR
- Heated berries with yogurt or nut butter

METHOD:

- Mash banana, cinnamon, MACA, together in a bowl.
- In a jug beat eggs and chia seeds and a small amount of unsweetened almond milk to stretch out batter
- Add banana mix to the jug and beat to form a batter.
- Heat a pan using olive oil, coconut oil
- Add a small amount to the pan, cook gently for 1 minute, finish under the grill until brown and raised. Finishing under the grill raises the making it nice and fluffy on top)