BANANA PANCAKES

These pancakes are usually a bit darker in color than traditional pancakes, but they taste like a warm banana nut muffin. These are packed with nutritious bananas, nuts, and seeds. To prevent my kids from wanting to douse these with syrup, I put a small amount of grade b syrup in the batter- just enough to satisfy everyone's sweet tooth.

PANCAKE INGREDIENTS:

*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- 3 RIPE BANANAS (MASHED WITH FORK)
- ¼ CUP COCONUT BUTTER, ORGANIC BUTTER, OR GHEE (MELTED)
- EGG OR EGG SUBSTITUTE (COMBINE 1 TBS GROUND FLAX & 2.5 TBS
- WATER-LET SIT 5-10 MINUTES TO THICKEN)
- ½ CUP NUT MILK OF CHOICE (ALMOND, CASHEW, COCONUT, ETC.)
- 2 TSP VANILLA
- 2 TBS-¼ C MAPLE SYRUP (GRADE B)
- 1 ½ CUP GLUTEN FREE OAT FLOUR (BUY PREMADE OR SIMPLY TAKE
- YOUR WHOLE OATS & GIVE THEM A WHIRL IN THE BLENDER. WHOALA! DELICIOUS OAT FLOUR!)
- 2 TBS NUTS/SEEDS OF CHOICE; I USE WALNUTS AND HOLY OMEGA MIXTURE (WHEAT GERM, MILLED FLAX SEED, CHIA SEEDS, HEMP HEARTS)
- 1 TSP CINNAMON
- 1 TSP BAKING SODA
- 1 TBS PINK SALT

TOPPING INGREDIENTS

- WHATEVER YOUR FEELING-FRUIT, YOGURT, NUTS, SEEDS, GRANOLA, COCO WHIP, HOMEMADE RAW NUTELLA, ETC.

DIRECTIONS

1. **MAKE BATTER.** MASH YOUR BANANAS AND SLOWLY INCORPORATE THE REST OF THE PANCAKE INGREDIENTS.
2. **COOK.** COAT SKILLET WITH OIL/BUTTER OF CHOICE & ADD BATTER TO SKILLET TO MAKE PANCAKES WHATEVER SHAPE/ SIZE DESIRED. WHEN THEY COOK ENOUGH TO BE EASILY FLIPPED-GIVE THEM A TURN & COOK UNTIL BOTH SIDES ARE GOLDEN BROWN.
3. **SERVE THEM.** TOP WITH WHATEVER YOUR HEART DESIRES; FRUIT, DOLLOP OF YOGURT, COCO CRÈME ETC.

TRY SLATHERING A LAYER OF RAW NUTELLA BETWEEN YOUR PANCAKES!

RAW NUTELLA:

- ½ CUP HAZELNUTS SOAKED OVERNIGHT (RINSED/DRAINED)
- ¼ CUP MAPLE SYRUP GRADE B
- 2 TBS COCOA
- 2 TBS COCONUT OIL
- 2 TSP VANILLA
- ¼ TSP PINK SALT
- 1-2 TBS MILK OF CHOICE (NUT, OAT, ETC.)

COMBINE HAZELNUTS, SYRUP, COCOA, COCONUT OIL, VANILLA, & SALT IN HIGH POWERED BLENDER & GIVE A WHIRL UNTIL SMOOTH. AS YOU BLEND, ADD MILK A LITTLE AT A TIME UNTIL DESIRED CONSISTENCY.

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