

Banana Pancake

1 SERVING 12 MINUTES



INGREDIENTS

- 1 ea Banana (ripe)
- 2 Egg
- 1 tbsp Raw Honey
- 1 tsp Cinnamon
- 1 tbsp Butter

NUTRITION

AMOUNT PER SERVING

Calories	416	Iron	2mg
Fat	21g	Vitamin D	82IU
Carbs	47g	Folate	71µg
Fiber	4g	Magnesium	46mg
Protein	14g	Zinc	2mg
Vitamin C	10mg		

DIRECTIONS

- 01 Peel banana, place in a medium bowl and turn it into a pulp using a fork. Add eggs and continue to make the pancake batter. (Alternatively - place banana and eggs in a bullet blender and pulse for 5-10 seconds).
- 02 Melt butter in a medium saucepan over low-medium heat.
- 03 Pour batter into pan to form one large or several small pancakes.
- 04 Cook using low-medium heat, turn over when sufficiently formed to remain intact.
- 05 Remove, place on a plate, sprinkle with cinnamon and drizzle with honey to taste. Enjoy!

NOTES

RECIPE ID 103

ALTERNATIVE TO BUTTER

Use coconut oil or coconut butter.