

Paleo Banana (Plantain) Flour Pancake Recipe

The Ingredients:

- 1 cup green banana (plantain) flour
- 1/2 teaspoon baking soda.
- 3/4 cup non-dairy milk
- 1 tablespoon of flax seeds
- 1 tsp cinnamon
- 1/2 teaspoon vanilla extract
- 1 egg
- 1/4 cup of water
- 1 teaspoon apple cider vinegar
- 2 tablespoons melted and 1 teaspoon (per pancake) of coconut oil (for cooking)

Instructions:

- 1.) Crack egg into large bowl, add slightly cooled melted coconut oil, add all other wet ingredients and incorporate well.
- 2.) Mix all dry ingredients in another bowl..
- 3.) Combine dry ingredients mixture into wet mixture.
- 4.) It should be a thick enough consistency, to have some body but thin enough to ladle into pan.
- 5.) Heat pan and add oil for cooking
- 6.) Begin ladling the pancakes. Wait for the batter to bubble and then flip.
- 7.) Drizzle some raw honey or natural maple syrup add some berries and ENJOY!

Makes 6-7 medium pancakes

