# PANCAKES banana (gluten free)



## **GLUTEN-FREE BANANA PANCAKES**

#### INGREDIENTS:

- 3 bananas
- 5 tablespoons coconut oil, ghee, butter, or other
- 2/3 cup almond milk
- 12/3 cup gluten-free flour
- 1/3 cup brown sugar
- 2 teaspoons baking powder
- 1 teaspoon vanilla

#### INSTRUCTIONS:

- 1. Preheat the griddle or skillet.
- 2. Peel 3 bananas and place them in a mediumsized mixing bowl. Mash with a fork, a masher, or use a hand mixer.
- 3. Melt coconut oil so that it is in liquid form and add it to the bananas. Add almond milk and vanilla too, and stir with a spatula to combine.
- 4. Add flour, brown, sugar, and baking powder and stir to combine.
- 5. Using a ¼ cup measuring cup or ice cream scooper, scoop the batter onto a hot griddle. Once bubbles form on top and start to pop, flip the pancakes and cook on the other side for another 1-2 minutes.

### TIPS

Top with real maple syrup, a drizzle of peanut butter, and some fresh fruit!

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