



Lakeland Natural Health

## Banana Coconut Flour Pancakes

\*Use Organic Ingredients when possible

### **Ingredients:**

- 1 Egg
- 1 Ripe medium banana, mashed
- 2 1/2 Tsp coconut flour
  - Pinch of baking powder
  - Pinch of cinnamon (optional)
- 1/4 Tsp coconut oil for greasing

### **Instructions:**

1. In a medium bowl combine all the ingredients except coconut oil.
2. Heat a nonstick skillet over medium heat. Lightly grease the skillet with coconut oil.
3. Spoon 1/8 cup of the batter onto skillet for each pancake.
4. Cook until surface of pancakes have some bubbles and sides of the pancakes firm up, about 2 minutes.
5. Carefully flip the pancakes with a spatula, and cook the underside, for another 1-2 minutes.
6. Transfer the pancakes to a platter and serve with your favorite fruits.