

BANANA EGG PANCAKES★★★★★

COURSE: BREAKFAST CUISINE: GLUTEN-FREE

KEYWORD: BANANA EGG PANCAKES PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES TOTAL TIME: 15 MINUTES SERVINGS: 1

CALORIES: 233KCAL AUTHOR: MEGAN GILMORE



Banana Egg Pancakes make an easy weekday breakfast! All you need is

INGREDIENTS

- 1 ripe banana , with spots on the skin
- 2 whole eggs
- 1/2 teaspoon baking powder (optional; to help with fluffiness)

OPTIONAL THICKENERS:

- 2.5 tablespoons coconut flour
- or 2 tablespoons almond butter

INSTRUCTIONS

1. Use a fork to mash the banana until relatively smooth. (It's okay if there are a few small clumps.)
2. Add the mashed banana to a bowl with 2 eggs and ½ teaspoon of baking powder. Mix well with a fork or small whisk, until you can't see clumps of baking powder anymore.
3. Pour the batter into a lightly greased skillet (you can use spray oil or butter) using roughly 3 tablespoons of batter at a time. This amount keeps them easy enough to flip. Cook on low heat for about 3-4 minutes per side. The first pancake usually takes the longest to cook, and then they cook faster after that. You should get about 6 pancakes total for 1 batch.
4. Serve these pancakes with extra sliced banana on top, and a drizzle of maple syrup, if desired.

FOR THICKER PANCAKES:

1. Add in 2 ½ tablespoons of coconut flour, OR 2 tablespoons of almond butter, when mixing together the banana egg pancake batter, then cook as directed above.

NUTRITION

Calories: 233kcal | Carbohydrates: 29g | Protein: 12g | Fat: 9g | Saturated Fat: 3g | Cholesterol: 327mg | Sodium: 128mg | Potassium: 746mg | Fiber: 3g | Sugar: 15g | Vitamin A: 551IU | Vitamin C: 10mg | Calcium: 136mg | Iron: 2mg

<https://detoxinista.com/2-ingredient-toddler-pancakes/>