



## Four Ingredient Banana Pancakes

Thanks to Julia from the Lighter Plant based platform for this simple recipe. My girls loved this and it was a simple nutritious start to the weekend. If you want to check out Lighter go to [www.lighter.world](http://www.lighter.world)

**Serves: 2, Prep time: 00:15, Cook time: 00:15**

## Instructions

### Optional Ingredients

- 1) Maple Syrup
- 2) Mixed frozen berries

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### Method

- 1) Mash one banana in a mixing bowl. Mix in almond milk, cinnamon, and the flour (you can use gluten free self raising flour as an alternative).
- 2) If you want fluffier pancakes add in 1/2 teaspoon of baking powder when mixing up.
- 3) You can just add everything to a blender and blend up for 1min.
- 4) Heat a non-stick pan over a medium heat and add a small amount of oil.

## Ingredients

- 0.5 cups Almond Milk
- 2 Banana, yellow
- 0.66 cups Flour, coconut
- 0.25 teaspoon Cinnamon

5) Scoop out about a 1/3 of a cup of batter to cook at one time (I always have 2 pans on the go). Cook until the bottom is golden brown, then flip and repeat.

6) Chop the remaining banana up and serve over the pancakes when plating up.

I also like to add some maple syrup, berries, other in season fruit, and chia seeds. ENJOY.