



# BANANA PANCAKES

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SERVES 4

TIME: 30 MINUTES

## INGREDIENTS:

4 C mashed bananas, 3-4 bananas  
3 TBSP coconut oil, melted (2 TBSP for pancakes, 1 TBSP for sauce)  
1 TBSP lemon juice  
1 TBSP maple syrup (chef tip: maple syrup is a good sweetener option due to low glycemic index)  
2 eggs  
1 C oat flour  
1/2 tsp baking soda  
1/2 tsp salt  
1/2 tsp cinnamon  
1/4 tsp ground nutmeg  
1/2 C cherries, pitted + sliced in half  
2 drops vanilla extract  
1/4 C sliced almonds

## DIRECTIONS:

1. In a small mixing bowl, stir together the mashed bananas, 2 TBSP coconut oil, lemon juice and maple syrup
2. Beat in the eggs
3. In a medium bowl, whisk together the oat flour, baking soda, salt and spices.
4. Form a well in the center of the dry ingredients and pour in the wet ingredients. With a big spoon, stir just until the dry ingredients are thoroughly moistened.
5. Let the batter sit for 10 minutes.
6. Heat a non-stick pan over medium-low heat
7. Lightly oil the surface with coconut oil
8. Pour 1/4 C of batter onto the pan. Let the pancake cook for about 3 minutes
9. Once the underside of the pancake is lightly golden, flip it with a spatula and cook for another 90 seconds or so, until golden brown on both sides
10. In a separate non-stick pan, add the cherries, 1 TBSP coconut oil and vanilla extract. Combine for 5 minutes
11. Serve the pancakes with extra slices of banana, cherry syrup and sliced almonds.

**SONG:** The Nearness of You by Ella Fitzgerald