

Flat Belly Pancakes

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Recipe by: Laura Bench

Category: Breakfast

Servings: 2 (Makes about 10 small pancakes total)

Ingredients

- 1 Banana (the riper the better)
- 4 whole eggs
- 2 TB Organic coconut flour
- ½ tsp Baking soda
- ½ tsp Vanilla (optional)
- Dash of cinnamon (optional)
- Maple syrup, 100% pure
- Organic coconut oil for cooking, about ½ tsp



Instructions

1. Prep your pan/skillet on low to medium heat and add coconut oil to coat the pan well.
2. In a small mixing bowl, mash ripe banana (I used a fork) till it's a mushy consistency with hardly any clumps.
3. Add your eggs and mix together well. Add coconut flour, baking soda, vanilla & cinnamon (both optional). Mix all together. If it seems too runny, just add a little more coconut flour to thicken batter.
4. Pour some batter onto the skillet making small pancakes, about the diameter of a grapefruit. The smaller they are, the easier they are to flip because they are fragile.
Tip: Take a utensil like a fork and make sure the batter is evenly spread on the skillet. If it's thick in the center it's hard to cook through evenly.
5. Allow to cook several minutes on low-to-medium heat. Check underneath and once slightly brown, gently flip pancakes over. Cook several more minutes until cooked to your liking.
6. Remove pancakes onto a plate, drizzle some yummy maple syrup & enjoy!

Nutrition Info Per Serving: about 5 pancakes

Calories: 235 Total Fat: 11.2g Carbs: 19g Protein: 14.7g