

Heck Yeah, Banana Pancakes



2-4 Servings

These fluffy pancakes are delicious topped with classic maple syrup, but try taking them to the next level (adding antioxidants and rich flavor) with a Blueberry Compote (simply follow the adaptation for Cherry Rose Compote in the book).

Ingredients

Dry

- ½ cup chickpea flour (aka garbanzo flour)
- ½ cup brown rice flour
- ½ cup almond flour
- 1 ¼ teaspoons baking powder
- ¼ teaspoon sea salt
- Pinch ground cinnamon*

Wet

- 1 ripe banana
- 1 cup water
- 1 tablespoon maple syrup*
- 1 tablespoon almond butter
- 1 teaspoon vanilla extract

Steps

1. In a large bowl, whisk together all dry ingredients. Set aside.
2. Mash banana into a smooth paste, then whisk or blend together all wet ingredients until ultra-smooth.
3. Pour wet ingredients into dry and whisk together.
4. Heat a skillet to medium-high and then add a dollop of oil. Using a ladle, pour batter into the hot pan. When the edges of the pancakes start to dry and the tops have bubbles, flip. Cook other side for 2–3 minutes and serve warm.
5. psst! For fun shapes, place cookie cutters down into your skillet and fill with batter (use a piping bag for precision). Let batter dry around edges and on top before lifting up the cutter. Flip and brown on the other side.



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