

Anastasia's

Grain-Free Pancakes

Total Time: 15 minutes

Serves: 1-2

Ingredients

- 1 ripe banana
- 2 pasture-raised eggs
- 1/4 tsp. vanilla
- 2 dashes of cinnamon
- Sea salt to taste
- Coconut oil or butter
- Toppings of your choice!*



Instructions

1. Mash banana until it is smooth.
2. Combine banana with 2 beaten eggs, vanilla, sea salt, and cinnamon.
3. Heat pan over medium-high heat and grease with coconut oil or butter.
4. Fry batter in the pan until it is cooked through! Batter will spread all over, so use a smaller pan if you'd like to make two separate pancakes or a large pan if you'd like one big pancake!
5. When pancake is cooked through flip it and cook for a few seconds on opposite side.
6. Serve with your favorite toppings: fresh maple syrup, yogurt and fruit, nuts and seeds, jams and jellies. ***I love to add 1 crack of sea salt to the top of these before serving!***

By Heartful Health, Anastasia