

Almost Flourless Banana Nut Pancakes

2 very ripe bananas – peeled, and smashed with a fork in a separate dish

3 large/extra-large eggs – whip eggs in medium bowl using a wire whip.

Then add the eggs:

3 Tbs. whole flax seeds, freshly ground

¼ cup almond flour

¼ cup 1-to-1 gluten free baking flour

Salt to taste

Cinnamon to taste

½ tsp. vanilla extract

¼ tsp. baking powder

¼ tsp. baking soda

½ cup coarsely chopped nuts – pecans or walnuts work great

Stir together and then add the mashed bananas.

Ladle the pancake mixture on a griddle over medium heat that has been coated with oil and cook the pancakes.

The sweetness in the bananas can cause rapid browning, so watch the timing and level of heat.

We found these to be pretty yummy, naturally sweet, and not needing vast amounts of maple syrup to make them moist.

This recipe was enough for two people with a couple of pancakes to spare.