

Nutritious Banana Pancakes

4 Ingredients, 6 serves, 10 Minutes Total Time

1 pinch salt
2 eggs (pastured)
3 bananas (small, ripe with brown spots)
1/2 teaspoon pure vanilla extract

Instructions

- Mash the bananas with a fork, can be lumpy.
- Beat in the eggs.
- Add 1/2 tsp vanilla extract (optional).
- Coat pan with coconut oil.
- Spoon batter into pan to make small pancakes (small are easier to flip).
- Cook on a LOW HEAT so that the pancakes set before flipping to make turning pancakes easier.
- The trick is to wait until the pancakes have bubbles and have cooked well on the underside before flipping.
- Most of the cooking is done before flipping - the flipping is just searing the flip side and only a brief cooking period is required after flipping.
- Makes 8-10 pancakes.

Warnings

**BANANAS: Cavendish variety bananas are low in Salicylate content. SIBO phase 2 allows 2 serves of fruit per day, 1/2 banana is one serve.

Nutritional Information (per serving)

Calories	67
Total Fat	1g
Saturated Fat	1g
Cholesterol	55mg
Sodium	24mg
Total Carbohydrate	12g
Dietary Fibre	1g
Sugars	6g
Protein	2g
Calcium	11mg
Iron	--
Magnesium	15mg
Phosphorus	40mg
Potassium	202mg
Vitamin C	4mg
Thiamine	--
Riboflavin	--
Vitamin B6	--

Vitamin E

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