

# Coconut Plantain Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

2 Plantain (ripe, peeled)  
2 Egg  
1/2 tsp Sea Salt  
1/2 cup All Purpose Gluten-Free Flour  
2 tbsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	441	Cholesterol	124mg
Fat	13g	Sodium	448mg
Carbs	79g	Vitamin A	2209IU
Fiber	7g	Vitamin C	33mg
Sugar	32g	Calcium	24mg
Protein	8g	Iron	2mg

## DIRECTIONS

- 01 In a blender, combine the plantain, eggs and salt. Slowly add the flour until everything is well combined.
- 02 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1 to 2 minutes per side.
- 03 Serve pancakes with your choice of toppings and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

### SERVING SIZE

One serving equals approximately four pancakes.

### ADDITIONAL TOPPINGS

Top with maple syrup, honey, cinnamon, fresh fruit, chia jam, cottage cheese, nut butter, coconut chips or crushed nuts.

### NO ALL PURPOSE GLUTEN-FREE FLOUR

Use all purpose flour or cassava flour instead.

