

# Banana, Blueberry and Almond Pancakes

Preparation time: 20 mins

Serves: 4 people

Categories:

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Breakfast Recipes,

Lunch Recipes,

Vegetarian



## Ingredients

- 1/3 cup coconut flour
- 4 eggs
- 1 1/2 cup almond meal flour
- 2 tsp baking powder
- 2 ripe bananas
- 1/2 cup low fat milk
- 1 cup fresh blueberries
- Olive oil spray for cooking
- 1 cup reduced fat Greek yogurt
- Honey to drizzle

## Method

1. Using a food processor, blend the coconut flour, eggs, almond meal, baking powder and banana and milk until smooth. Empty mix into a bowl and add in the blueberries.
2. Heat a teaspoon at a time of the oil in a non-stick fry pan. Measure out 1/4 cups of the batter into the pan. Cook on low to medium heat.
3. Cook 2 minutes on each side.
4. Serve little stacks of pancakes with a good spoonful of yogurt on each and a drizzle of honey

## Notes

For a classic take on pancakes be sure to check out our [Best Pancakes recipe](#) today!

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
<b>284g</b>	<b>2270kJ</b> <b>543kcal</b>	<b>22.4g</b>	<b>36.9g</b>	<b>8.5g</b>	<b>26.5g</b>	<b>22g</b>
Sodium	Fibre	Vitamin D				
<b>331mg</b>	<b>8.3g</b>	<b>3.5µg</b>				

All nutrition values are per serve.