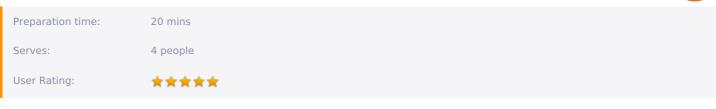
Banana, Blueberry and Almond Pancakes





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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



All nutrition values are per serve.