

Banana, Blueberry and Almond Pancakes



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Pancake Tuesday, 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)	Sodium	Fibre
284g	2270kJ 543kcal	22.4g	36.9g	8.5g	26.5g	22g	331mg	8.3g