

Gluten Free Banana Pancakes Recipe



PREP TIME:
5 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 1-2 Servings

Batter Ingredients:

- 1 Ripe Banana
- 1 Egg
- 3 TBSP Gluten Free Flour (I do ½ Brown Rice / ½ Buckwheat Flours)
- 1 TSP Pure Vanilla Extract
- ½ TSP Cinnamon and More for Sprinkling
- 1 TSP Baking Powder
- 1 Pinch Salt
- *Splash (Non-dairy milk) if needed
- Non-dairy Butter (recommend Melt brand or Earth Balance)

Instructions:

1. Mash banana in medium size bowl getting most lumps out.
2. Add egg and vanilla. Mix with spoon until blended.
3. Add flour, cinnamon, baking powder and salt until all combined. Don't overmix.
4. *If batter overly thick, add splash of non-dairy milk.
5. In Large frying pan, add butter and let melt on medium heat.
6. Spoon in batter – usually makes 3-4 pancakes.
7. Cook 3-5 minutes first side – periodically check bottom making sure browned. Then flip.
8. Cook 2-3 more minutes.
9. Sprinkle top with cinnamon.

Serving Ideas: Enjoy with fresh strawberries, blueberries (fruit of preference) / Pure Maple Syrup

***Try and use all organic ingredients if possible.**