

Three Ingredient Banana and Egg Pancakes

Three Ingredient Banana and Egg Pancakes

Three Ingredient Banana and Egg Pancakes come together in less than 10 minutes with three simple ingredients – eggs, bananas, and regular or paleo flour. They are delicious, good for you, and a recipe you will make again and again.

Ingredients

- 1 banana
- 1 egg
- 2 tablespoons whole wheat flour (or coconut)

Method

1. Mash the banana using a fork. Whisk in the egg. Then whisk in the flour.
2. Heat a nonstick skillet over medium heat. Spray with cooking spray and add the batter. Cook for 2-3 minutes per side, flipping when bubbles begin to pop and edges brown.

Prep

- Prep: 5 Minutes
- Cook: 10 Minutes
- Total Time: 15 Minutes

Source: Slender Kitchen (Servings: 1 | Yield: 2-3 pancakes)