BANANA AND SPINACH PANCAKES

From Green Kitchen at Home

INGREDIENTS

- 4 eggs
- 2 ripe bananas, peeled
- ½ cup milk
- 1 handful baby spinach or frozen spinach, slightly thawed
- 15 fresh mint leaves, (optional)
- ½ cup almond or chickpea flour*
- ½ cup buckwheat flour*
- ½ cup unsweetened coconut flakes
- 1 tsp. baking powder
- pinch of sea salt
- virgin coconut oil or butter, to fry

*Note: if you don’t want to make these pancakes gluten free, you can replace the ½ cup almond or chickpea flour and ½ cup buckwheat flour with 1 cup wheat flour.

METHOD

Crack the eggs into a blender, add the bananas, milk, spinach, and mint (if using), and blend until well combined.

Add the dry ingredients, blend until completely smooth, then pour into a jug and leave the batter to rest for a few minutes.

Heat a little oil in a non-stick frying pan on a medium-high heat. Whisk the batter, then ladle ¼ cup for each pancake into the pan (you should be able to cook about 4 pancakes at a time). Fry for about 1½ minutes or until small bubbles appear on the surface and the bases are golden. Carefully flip each pancake with a spatula and fry the other side for a further minute or until golden. Transfer the cooked pancakes to a plate and repeat with the rest of the batter (you may need to reduce the heat slightly after the first batch).

Serve topped with a dollop of yogurt, a drizzle of maple syrup, some berries, and a sprinkling of chopped nuts or seeds.