



GRAIN-FREE PANCAKE

Serves: 2

Time: 15 minutes

Ingredients:

- 1 Mashed Banana (or 2 tablespoons Unsweetened Applesauce)
- 2 Whole Eggs (or preferred egg substitute)
- 2 tablespoons Ground Flax Seed (or almond flour or coconut flour)
- 1 teaspoon Baking Soda
- 1 teaspoon Vanilla Extract
- 2 teaspoons Cinnamon or Pumpkin Pie Spice

Topping Options:

Protein: *Peanut Butter, Yogurt*

Sweet: *Mini Chocolate Chips, Sprinkles, Honey, Real Maple Syrup*

Fruit: *Mixed Berries, Baked Apples*

Use any of your favorite toppings!

Directions:

1. Preheat oven to 325°F.
2. Add all ingredients to a large mixing bowl. Use a fork to mix until well combined.
3. Spray muffin tin with non-stick spray and spoon 3 tablespoons into each cup.
4. Bake for 10 to 15 minutes until golden brown and cooked through.
5. Serve immediately or freeze for up to 3 months.

This pancake recipe is a great grain-free alternative for those with dietary restrictions, and is easy for children to help make. This pancake is more nutrient rich than a traditional buttermilk pancake and uses banana, vanilla and cinnamon to provide sweetness. The protein and fiber will keep you fueled and satisfied until your next meal!

Tips: You can also cook these in a skillet if desired, but the batter is very delicate and can be difficult to keep together.

Nutrition Facts: 163 calories, 7g fat, 2g saturated fat, 17g carb, 9g protein, 350mg sodium, 4g fiber

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