

Banana Pancakes

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Breakfast,Lunch,Dinner
 Contributed By



Source [Living Plate](#)

Servings 3



Ingredients

lb,c g,ml

- 4 Eggs, large
- 1 cup Bananas, *Mashed*
- 2 tsp Vanilla Extract
- 1 tsp Cinnamon, ground
- 1/8 tsp Nutmeg, ground
- 1/4 cup Coconut Flour
- 1/2 tsp Baking Soda
- Cooking Spray

Directions

Make

1. In a large bowl, whisk together the eggs. Add the pumpkin puree and vanilla and whisk in to combine.
2. Add the cinnamon, nutmeg, coconut flour, and baking soda one at a time. Whisk after each ingredient is added to minimize lumps.
3. Heat a large, non-stick griddle over medium heat. Spray with cooking spray. Pour in about 2 tablespoons of batter per pancake. Cook until the bottom of each pancake is golden brown, about 4 minutes, and then flip. Cook an additional 2-3 minutes.
4. Remove to a plate and keep warm before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	213	Total Fat 7.6g	11%	Total Carbohydrates 25g	8%
		Saturated Fat 2.9g	14%	Dietary Fiber 6g	23%
		Trans Fat 0.0g		Total Sugars 12g	
		Cholesterol 248mg	82%	Protein 11g	
		Sodium 312mg	13%		
Vitamin D 1mcg 13% · Calcium 52mg 5% · Iron 2mg 11% · Potassium 575mg 12%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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