

# Banana Coconut Pancakes



This recipe is a good example of how you can combine protein with fruit to create a low GL, tasty and satisfying start to the day. The texture of these pancakes, very chunky and light, and almost gooey inside... Enjoy!

Serves 3 (9 pancakes)



## Ingredients

### For the pancakes:

- 2 small ripe bananas
- 4 large free range eggs
- 4 tablespoons desiccated coconut
- 1 tablespoon buckwheat flour
- 1 tsp ground cinnamon

A little coconut oil or (non extra virgin) olive oil for frying

### For the topping:

- 300g blueberries
- 1 tsp vanilla extract



## Method

1. Leave blueberries to simmer on low heat with a splash of water and the vanilla.
2. Mash the two bananas.
3. Whisk the pancake ingredients together to form a batter.
4. Oil the frying pan and heat over the gas.
5. Ladle the batter in small amounts onto the frying pan to 3 small pancakes at a time (aim for 9 in total).
6. Serve covered with the stewed blueberries and vanilla.