



# PLANTAIN PANCAKES

<b>Prep Time</b> 15 minutes	<b>Cook Time</b> 20 minutes	<b>Level</b> Medium
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## Ingredients:

- 2 large not quite ripe plantains
- ¼ cup just like sugar or Swerve (adjust to taste)
- 3 eggs
- 1/3 cup melted coconut oil or grass fed butter
- 1- teaspoon pure vanilla extract
- 1/2 -1 teaspoon nutmeg
- ½ teaspoon sea salt
- 1 tablespoon baking soda



## Directions:

1. Cut up peeled plantains. Add to the blender and blend until puree. You will have to help mix them and it will be thick. Then add the eggs and blend some more until it resembles a batter. Add the rest of the ingredients and pulse several times until all the ingredients have thoroughly mixed. Scrape the sides if need be and do one last pulse.
2. Heat a skillet or a non stick frying pan then lightly coat the hot pan with coconut oil, grass fed butter, or clarified butter. Then pour about a ½ cup of batter into pancakes. Cook the pancake for about 2-3 minute on each side, or until the bottom is light brown.
3. Serve hot with coconut sauce, cinnamon sugar, yogurt, or maple syrup.

## Notes to the Chef...

This is a great lower fructose pancake substitute that your gut microbiome will love you.

(Total Servings: 11-14) pancakes 3 pancakes = Cal: 366 | Carbohydrates: 33g | Protein: 12g | Fat: 22g | Saturated Fat: 12g | Sodium: 233mg | Fiber: 12g | Sugar: 16g | Calcium: 84mg | Vit A: 1845IU

