

# 6. Recipe- Green Banana Flour Pancake

**Green Banana Flour Pancake Recipe** that's both healthy and satisfying. Green banana flour is naturally gluten-free, high in resistant starch, and works well as a versatile flour alternative.

## Green Banana Flour Pancakes

### Ingredients:

- **1 cup** green banana flour
- **1 tsp** baking powder
- **1/2 tsp** baking soda
- **1/4 tsp** salt
- **1/2 tsp** cinnamon powder (optional)
- **2 large eggs**
- **1 cup** milk (dairy or plant-based, e.g., almond milk)
- **1 tbsp** melted coconut oil or butter (plus more for cooking)
- **1 tsp** vanilla extract
- **2 tbsp** honey or maple syrup (optional, for sweetness)

### Optional toppings:

- Fresh fruits (e.g., bananas, berries)
- Nuts and seeds
- Yogurt or whipped cream
- Maple syrup or honey

### Instructions:

#### 1. Mix Dry Ingredients:

In a large mixing bowl, combine the green banana flour, baking powder, baking soda, salt, and cinnamon (if using).

#### 2. Whisk Wet Ingredients:

In another bowl, whisk together the eggs, milk, melted coconut oil (or butter), vanilla extract, and honey/maple syrup until smooth.

#### 3. Combine Wet and Dry:

Gradually pour the wet mixture into the dry ingredients. Stir until just combined. Avoid overmixing – a few lumps are fine. Let the batter sit for 5 minutes to thicken slightly.

#### 4. Heat the Pan:

Heat a non-stick skillet or griddle over medium heat. Lightly grease it with a small amount of coconut oil or butter.

#### 5. Cook Pancakes:

Pour about 1/4 cup of batter onto the skillet for each pancake. Cook for 2-3 minutes, or until bubbles form on the surface and the edges look firm. Flip and cook for another 1-2 minutes until golden brown.

#### 6. Serve:

Stack the pancakes on a plate and top with your favorite toppings like fresh bananas, berries, yogurt, or a drizzle of maple syrup.

### Why You'll Love This Recipe:

- **Nutrient-dense:** Green banana flour is packed with potassium, fiber, and resistant starch, which supports gut health.
- **Gluten-free:** Perfect for those avoiding gluten.
- **Soft and Fluffy:** These pancakes turn out light and delicious.
- **Quick and Easy:** Whipped up in just about 15 minutes!

Enjoy your delightful, healthy breakfast! 🍌 🍯