

Apple and Cinnamon Pancakes



TIME TO
PREPARE

10
minutes



COOK
TIME

15
minutes



SERVING

3 - 4 Pancakes



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- 1 ripe banana
- 1 cup unsweetened apple sauce (can blend your own cooked apples also)
- 1 cup nut butter
- 4 eggs whole
- 1 tsp. Honey or maple
- 3 Tbsp coconut flour
- 1 Tbsp cinnamon
- 1/2 tsp vanilla essence
- 1 Tbsp. Coconut Oil
- 1 apple or dried apple, finely diced for topping

Method

01. Heat a non-stick pan over medium heat.
02. Mash the banana in a large mixing bowl (with a potato masher or a fork).
03. Mix in applesauce and nut butter until uniform (stirring well with a fork).
04. Add eggs and combine.
05. Mix (whisk) in remaining ingredients to form a batter consistency.
06. Coat griddle or pan with coconut oil and pour batter into roughly 6-inch diameter pancakes.
07. Flip once bubbles start to form and cook the other side. Allow to set and cook well (a few minutes per side).
08. Top with a drizzle of honey and small handful of diced apples.
09. Serve and ENJOY!

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