



Banana Protein Pancakes - no flour!

These are my favourite breakfast. Simple, quick and packed with protein. Great for breakfast or after a hard training session.

Serves: 1, Prep time: 00:05, Cook time: 00:05

Instructions

1. Preheat a large, flat non-stick skillet or frying pan over medium heat.
2. In a bowl, smoosh the banana with a fork, leave a few small chunks. Then add the egg, cinnamon and optional pinch of baking powder (to make them light and fluffy) and vanilla extract and blend until combined.
3. Melt the coconut oil in the pan. Pour the batter in to the pan, 2 tablespoons for each pancake. Cook for about 1-2 minutes, until the edges turn golden brown.
4. Flip, and cook another 1 minute. Continue until you've made all 6 pancakes.

Ingredients

- 1 Banana, yellow
- 2 Eggs, large
- 0.5 teaspoon Cinnamon, Ground
- 0.5 teaspoon Baking Powder, optional
- 0.5 teaspoon Vanilla Extract, optional
- 1 tablespoon Coconut oil

5. Serve warm, topped with favourite toppings (e.g. strawberries) or just as they are.

NOTES

- The best banana to use is one that is perfectly yellow, or just barely starting to get brown spots. If it's too ripe and brown, the bananas have too much liquid and these pancakes get really thin and dense.

Serves 1

Serving Size: 6 mini pancakes

Calories Per Serving: 309

Protein: 13.8g

Carbs: 27.7g

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