

Paleo Apple-Cinnamon Pancakes

Yield: About 8 small pancakes



Ingredients

- 2 eggs, whisked
- 2 bananas, mashed
- 1 peeled apple, diced small
- 2 Tbsp almond butter
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp pure vanilla extract
- A little coconut oil for cooking the pancakes

Instructions

1. Mash the 2 bananas with a fork
2. Whisk 2 eggs in a medium bowl
3. Add banana mash to eggs
4. Core and dice 1 apple. We used Fuji – choose your favorite
5. Stir bananas, eggs and apple chunks together
6. Next add the almond butter, cinnamon, nutmeg and vanilla
7. Combine into a pancake batter
8. Heat a thin layer of coconut oil in a skillet to medium low. Pour the pancake batter in - keeping the pancakes *no wider than your spatula*. When one side is golden brown, gently turn over to cook the other side.
9. Makes about 8 small pancakes Recipe can be easily be doubled or tripled to make more pancakes
10. Top with fresh fruit or raw maple syrup

Notes

Keep the size of your pancakes just a little smaller than your spatula head. That will make them easier to flip over without falling apart.