

Banana

Spotty Banana Pancakes

Some of you must know by now the best time to use bananas in baking is when they have turned soft and brown, meaning they are ultra sweet! These pancakes are vegan, gluten free and oh so delicious.

Ingredients

- 2 Brown Bananas
- 2 Tbsp Peanut Butter or another Nut Butter
- 3/4 Cup of Nut Milk, Cow's Milk will also be fine
- 1/4 Cup of Brown Rice Flour
- 1 Cup Almond Meal
- 1/2 Cup Tapioca Starch
- 1 tsp of Baking Powder
- 1 tsp of Bicarb Soda
- 1 tsp of Vanilla Essence - omit if you don't have any

Method

1. Mash Bananas in a medium-sized bowl until there are no large lumps
2. Thoroughly mix in nut butter
3. Next, whisk in your Milk and vanilla
4. In a separate bowl, sift together brown rice flour, tapioca starch, bicarb soda and baking powder, stir the almond meal through the flour mixture.
5. Whisk the flour mixture through banana mixture until it comes together, adding a little extra milk if the mixture seems too thick
6. Heat a large frypan on low heat, add a small amount of oil to the pan, fry pancakes until golden brown on each side.

Don't throw away your banana peels. Store them in the freezer until you have 6 or so to make your own vinegar. Just need to cover in water, add two tbsp of sugar, weigh down and let sit for 6 weeks.