

## **Bananut Pancakes**

- 3 ripe bananas
- 3 large eggs
- 1/2 c nut butter—almond, peanut or cashew
- 2 t each, cinnamon, hemp seeds, chia seeds, ground flax seeds
- 1 t coconut oil

Combine banana, egg, nut butter and cinnamon in a blender, food processor, mix master or by hand until smooth. Preheat a skillet on medium-high and add coconut oil, coating the bottom of the pan. Use a 2 tablespoon measuring spoon to make medium-small sized pancakes. Reduce heat to medium-low and cook 2--3 minutes until golden on the bottom and bubbly on top, then gently flip and cook for another 2 minutes. Serve hot, topped with fresh fruit, a dab of [coconut jam](#) and a swirl of [Coconut Nectar](#). Goes well with a cup of coffee or a cold glass of **almond milk**. Makes 18 pancakes, serves 4-5.

**Jittery Cook**