



# 3 INGREDIENT PANCAKES

MAKES 1 SERVING

## INGREDIENTS

3 EGGS

1 MEDIUM BANANA

$\frac{1}{2}$ -1 TSP ORGANIC UNREFINED COCONUT OIL

## METHOD

COMBINE EGGS AND BANANA IN BLENDER UNTIL SMOOTH CONSISTENCY IS ACHIEVED. HEAT SKILLET OVER MEDIUM HEAT; ONCE WARMED, ADD COCONUT OIL. POUR  $\frac{1}{4}$  CUP OF BATTER INTO THE CENTER OF THE PAN AND COOK JUST LIKE YOU WOULD PANCAKES. ADD TOPPING(S) OF CHOICE - CANNED COCONUT CREAM, CINNAMON, CHOPPED WALNUTS, CINNAMON, ETC.