

Protein Powered Banana Pancakes

Ingredients

1 1/2 C Flour (I use Gluten Free Krusteaz or White Gold)
1 Scoop Coconut Protein Powder
2/3 C Quick Oats
1 TBSP Coconut Sugar
1 tsp Salt
3 1/2 tsp Baking Powder
2 Eggs or Egg Replacer (apple sauce works great here)
1 1/4 C Milk (I use lactaid or Oatmilk)
3 TBSP butter or butter alternative such as Vegan buttery sticks
2 Chopped Bananas

Mix Dry ingredients in a large bowl and whisk together well.

Add Milk, Butter, and Eggs

Stir together well

Add mashed bananas and mix batter well.

Heat Pan on Stovetop to low to medium heat

Use butter or oil to keep pancakes from sticking

Pour about a tablespoon of batter onto pan, I usually use a large pan and make 4 per cycle, so feel free to drop 3 or 4 spoonfulls, separately to make 3 or 4 separate pancakes.

Sometimes before I flip the pancakes I'll add blueberries to make eyes and you can use something like strawberry syrup for a mouth or even fresh raspberry or cut up strawberries if you have kids you want to please too! Cook these guys until they are gently stable and lightly browned. Make as many as the batter allows and ENJOY!

~Leisha Dango!