

Banana, Blueberry & Almond Pancakes



These Banana, Blueberry and Almond Pancakes are light, fluffy, and packed with natural flavour. Made with fresh Pace Farm eggs, almond meal, ripe bananas, and juicy blueberries, they make a nutritious and delicious breakfast or brunch. Serve with Greek yoghurt and a drizzle of honey for added creaminess and sweetness. Quick and simple to prepare, these wholesome pancakes are perfect for family mornings, weekend treats, or entertaining guests with a healthy twist.

Prep: 10 min
Cooking: 10 min
Serves: 2
Makes: 8

Ingredients

- 2 cup coconut flour
- 4 Pace Farm eggs
- 1½ cup almond meal flour
- 2 teaspoon baking powder
- 2 ripe bananas
- ½ cup low fat milk
- 1 cup fresh blueberries
- ¼ cup coconut oil
- 1 cup Greek yoghurt
- Honey to drizzle

Method

1. Using a food processor, blend the coconut flour, eggs, almond meal, baking powder and banana and milk until smooth. Empty mix into a bowl and add in the blueberries.
2. Heat a teaspoon at a time of the coconut oil in a non-stick fry pan. Measure out ¼ cups of the batter into the pan. Cook on low to medium heat.
3. Cook 2 minutes on each side.
4. Serve little stacks of pancakes with a good spoonful of yoghurt and a drizzle of honey.

Notes

If making in bulk, use Pace Farms frozen whole egg or whole egg powder for reduced waste and increased ease.