

Kids Flourless Pancakes



Another inspiring recipe from Nutritionist Casey-Lee Lyons of Live Love Nourish. For those of you who are new to our recipe blog, Casey-Lee has a great business that runs out of Brisbane hosting interactive online nutrition programs for healthy living. All the recipes contributed by Casey-Lee on our site are gluten, dairy and refined sugar free which fits with her food philosophy.

This week we are sharing a Flourless Pancake - and nut free as well. You won't believe the ingredients.....

Serving Size: Serves 4

Ingredients:

2 large eggs (whisked)

1/2 cup mashed banana (1 medium/large banana)

1/4 cup mashed avocado

1/4 teaspoon cinnamon

1/4 teaspoon vanilla powder

Coconut (or macadamia oil) for frying

Method:

1. Whisk the eggs, avocado and banana until well combined, or lightly pulse in a blender.
2. Heat your oil in a frying pan over low to medium heat.
3. Spoon small pikelet size portions of your batter into the pan cooking for 1-2 mins on medium heat.
4. Flip carefully and cook for another 1-2 mins or until browned and cooked through.
5. Serve hot or cold with maple syrup and fresh bananas or berries

Inspiration:

Make a large batch and save some for a healthy school snack in the kids lunch boxes the next day.

Gluten Free | Dairy Free | Refined Sugar Free | Lunch Box Friendly