

PEANUT BUTTER & BANANA PANCAKES

Serves 1 | Gluten + Dairy Free

Ingredients

3 dessertspoons buckwheat flour
1 tablespoon smashed banana
1 heaped dessertspoon 100% peanut butter
¼ teaspoon baking powder
½ teaspoon vanilla extract
Water to bring to a batter
½ banana sliced thinly lengthways

Method

Combine flour, baking powder and mix in a bowl. Add smashed banana, peanut butter and vanilla extract and mash through. Slowly add water to bring to a thick batter consistency. Spoon batter into a medium heat frying pan. While the pancake is cooking on the underside, top the exposed side with sliced banana and press into batter. Flip the pancake and cook on the banana embedded side until cooked. Enjoy!