HEALTHY FOOD

No Flour Banana Pancakes: Easy & Healthy Recipe

By bestfolkmedicine · 19/09/2020 · 1 min read

These gluten-free pancakes with bananas are so good and delicious. They're easy to make, same as regular pancakes are.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

They cook up like regular pancakes and are golden brown, fluffy, and tasty; however, they're suitable for those who avoid gluten.

You can serve them with variations and toppings you prefer. Banana lovers will definitely appreciate the amazing banana flavor they'll feel with every bite.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

They don't taste like traditional pancakes do; however, they still have an awesome taste and are moist and delicate.

Come on; let's check out the recipe together.

Flour-Free Banana Pancakes: Easy to Make & Healthy

You'll need:

A larger ripe banana

A large egg

2 tbsp quick oats

¼ tsp of baking powder

Prep:

Blend the ingredients in a blender until you get a homogenous mixture. The oats are okay if still in pieces.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Grease your pan or griddle and bring it to medium heat and pour 3 tbsp of batter into the oil once it's hot enough.

When bubbles appear on the top, flip the pancake and cook for several more minutes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Repeat until you no longer have batter left.

Stack them one on top of the other and top them with your favorite toppings.

Enjoy!

Sources:

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