

# BANANA CINNAMON PANCAKES

## INGREDIENTS

2-3 medium-large bananas  
½ banana (optional – for garnish)  
2 large eggs  
½ tsp cinnamon  
½ tsp nutmeg

## DIRECTIONS

1. Preheat oven to 350F
2. In a blender combine all ingredients and puree until smooth with no chunks
3. Line a muffin tin with 6 silicone muffin wrappers
  - a. Alternatively use a well greased muffin tin but make sure it is greased well with either butter, ghee or coconut oil
4. If you want to have a bit of extra banana, place a small slice on the bottom of the tin/wrapper before filling cups
5. Fill muffin cups 9/10 of the way. This recipe makes enough to fill 6 standard sized muffin tins
6. If you want to garnish your pancakes with a slice of banana on the top, allow pancakes to bake for 10 minutes before garnishing.
7. Bake for 20 minutes total
8. Pop muffins out of wrappers and allow to cool for a few minutes before serving

Makes 6

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