

JESSICA'S BANANACAKES



For each person eating, gather together the following ingredients:

- 1 banana (doesn't have to be TOO ripe...just ripe enough you can mash it without killing yourself!)
- ¼ cup almond meal (believe the least expensive is Wegman's Blanched Almond Meal but you be the judge)
- 1 egg
- Coconut oil
- Potato masher or whisk, mixing bowl, spoon or ladle
- Lidded frying pan and spatula

OPTIONAL

- Salt to taste (I prefer Kosher and use just a tiny pinch)
- Cinnamon to taste (I use a tsp)
- Nutmeg to taste (I use ½ tsp)
- Vanilla extract to taste (I use a tsp of Trader Joe's Alcohol-Free Vanilla Extract)

Peel and mash the banana together with the egg and almond meal in the bowl then add spices and mix thoroughly. Meanwhile heat coconut oil in the pan then drop in the batter. Cook, lidded, for 3-4 minutes till the pancakes are a dark golden brown around the edges. Then flip, squish down the cakes (if necessary), and sprinkle with a bit of salt (if you like.) Turn the heat down a bit, and cook an additional 2 minutes. Can top with a drizzle of Grade B maple syrup (but frankly I think these pancakes taste FANTASTIC completely naked...they're also very good cold!)

Makes 2-3 large pancakes