

2 Ingredient Pancakes



15 min.



1 serving



PER SERVING
250 CAL
FAT: 10g
CARB: 28g
PROTEIN: 14g

E4L

INGREDIENTS

- 2 large Eggs
- 1 medium Banana
- Olive Oil Cooking Spray

DIRECTIONS

1. Peel the banana and break it up into several big chunks in a bowl. Use a dinner fork to thoroughly mash the banana. Continue mashing until the banana has a pudding-like consistency and no large lumps remain; a few small lumps are okay. You should have $\frac{1}{3}$ to $\frac{1}{2}$ cup of mashed bananas.
2. Whisk the eggs together until the yolks and whites are completely combined. Pour the eggs over the banana and stir until the eggs are completely combined. The batter will be very loose, more like whisked eggs than regular pancake batter. Stir until the mixture becomes blended.
3. Heat a greased (grease with cooking spray) griddle on medium heat. Drop roughly 2 tablespoons of batter onto the hot griddle. It should sizzle immediately — if not, turn up the heat slightly. Delicately flip the pancake after about 25 seconds or when it browns.
4. Transfer the cooked pancakes to a serving plate and continue cooking the rest of the batter. Keep the finished pancakes warm in the oven if cooking more than a single batch. Makes 8 small pancakes.



EAT THIS MUCH