



Plantain Pancakes

Yield: Six 5 inch pancakes

Ingredients

- ❖ 2 large green plantains (about 2 cups pureed)
- ❖ 4 eggs
- ❖ 2 teaspoons vanilla
- ❖ 3 tablespoons extra virgin coconut oil
- ❖ 1/8 teaspoon salt (a generous pinch)
- ❖ 1/2 teaspoon baking soda
- ❖ Extra coconut oil for frying

Procedure:

1. Chop plantains into quarters and peel the individual pieces. Place them in the blender with the eggs and process until you have a smooth batter consistency.
2. Add the vanilla, oil, salt and baking soda to the blender and process for an additional minute or two until very smooth.
3. In a skillet or griddle, over medium heat, add 1 tablespoon of coconut oil and pour batter until your pancake is the desired size.
4. Let cook 4-5 minutes on the first side, until the top looks fairly dry with little bubbles in it.
5. Flip! And cook on the second side for 1½-2 minutes.
6. Repeat with remaining batter, adding a little more coconut oil to your pan as needed.



Recipe: Courtesy of "The Paleo Mom" www.paleomom.com

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