Coconut Flour Banana Pancakes

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4 organic medium size eggs (room temperature is recommended)
- 1-1/4 cups of almond or hemp milk unsweetened
- 2 tsp pure vanilla extract
- 1/2 cup coconut flour
- 1 teaspoon baking powder (gluten-free and aluminum-free)
- Organic coconut oil - as needed.
- If needed: Add an extra 1/4 cup almond milk, unsweetened
- 2 bananas sliced
- Optional: 5-10 drops liquid organic stevia (I didn't use this but if you like a sweeter taste, go for it)

Instructions:

1. In a medium-sized bowl, combine the dry ingredients (coconut flour, baking powder).
2. Sift the dry mixture (this helps remove coco flour clumps) into the wet mixture. It may look clumpy but after lightly mixing let it sit for a few minutes. The batter will be pretty thick, sort of like brownie batter. Add 1/4 of the almond milk if needed.
3. TIP: If batter seems eggy and lumpy, let it sit for at 3 minutes. Be patient :) The flour needs to absorb the liquid and it's HIGHLY absorbent.
4. Heat a large pan on low-medium and melt organic coconut oil -- just enough to cover the pan. Pour about 1/4 cup of batter onto the pan for one pancake, you made need to spread it slightly if your batter is thick.
5. Place 2-3 banana slices on top of the pancake (SKIP THIS STEP IF YOU'RE NEW TO THIS RECIPE SEE BELOW). Let it cook a few minutes and flip it when the sides are starting to get golden and the top is forming bubbles. Cook an additional 2-3 minutes on the other side.
6. Top with more sliced bananas and serve with some raw coconut butter* schlopped on top and some real Canadian maple syrup.