

Banana Pancakes

- 1 BANANA - MASHED
- 1 EGG
- 1/4 CUP MILK
- 1 TABLESPOON COCONUT OIL

- WHISK EGG AND THEN COMBINE WITH MASHED BANANA.
- ADD MILK AND STIR UNTIL COMBINED.
- HEAT COCONUT OIL IN A FRYPAN OVER MEDIUM HEAT.
- PLACE BATTER IN PAN. COOK UNTIL THE MIXTURE STARTS TO BUBBLE, THE FLIP.

NUTRITION INFORMATION

- 1.COMPLEX CARBOHYDRATE = BANANA
2. PROTEIN = EGG
- 3.HEALTHY FAT = MILK & COCONUT OIL
- 4.MICRONUTRIENTS = BANANA

