

Plantain Pancakes (Vegan/Gluten-Free)

Prep time:

5 minutes

Cooking time:

10 minutes

Yields:

4 servings

Ingredients

1. 1 large green plantain, quartered and peeled
2. 2 tablespoons flax seed, ground
3. 3 ounces almond milk
4. 1 tsp vanilla
5. ¼ tsp baking soda
6. 1/8 tsp salt
7. Coconut oil for cooking

Instructions

1. Place the plantain, flax seed, almond milk, vanilla, baking soda and salt in your blender. Blend until you have a smooth batter. ** If the plantain is hard to peel, try making a slit in the peel lengthwise, followed by slicing it into thirds. This makes the peeling process much easier.
2. Melt the coconut oil in a pan over medium heat. Once the oil has melted and the pan is hot, use 1/3 measuring cup to pour the batter onto the pan.
3. Cook until the bottom edges of the pancake are golden brown, then flip the pancakes and cook the other side for 1-2 minutes, or until the pancakes are cooked through.

Chef Mat Shalenko, Health Coach
junehealthandwellness.com