



BANANA ALMOND FLOUR PANCAKES



INGREDIENTS

ITEM	QUANTITY
• Egg	1
• Almond Flour	¼ cup
• Firm Banana, mashed (Use Firm, Slightly Green Banana for Best Low-fodmap Tolerance)	⅓
• Cinnamon	¼ tsp
• Baking Powder	½ tsp
• Coconut Oil or Butter for Cooking	1 tsp
• Maple Syrup (Optional)	1 tbsp

SERVING SIZE 1



PREPARATION

- Add the mashed banana and egg to a small bowl and whisk until fully combined.
- Stir in almond flour, cinnamon, and baking powder.
- Heat a nonstick skillet over medium-low heat and add coconut oil.
- Pour batter into 3-4 small pancakes.
- Cook for 2-3 minutes per side, until golden brown and cooked through.
- Serve with a drizzle of maple syrup if desired.