

TASTE WITHOUT WASTE

Banana Spelt Hotcakes

Makes six tablespoon-sized hotcakes (serves one).

Ingredients

1 medium banana, mashed
1 egg, lightly beaten
1 tsp maple syrup
1 tblsp spelt flour
¼ tsp baking powder
Pinch cinnamon
Pinch salt
1 tsp flaxseed meal
1 tsp desiccated coconut
Coconut oil or a little butter for cooking

Method

In a medium bowl use a fork to combine the egg with the mashed banana and maple syrup.

In a small bowl mix together dry ingredients then add to the wet, stirring well to eliminate any lumps.

Melt a little coconut oil in a medium sized fry pan over low-medium heat. Dollop tablespoons of the mixture onto the pan, leaving room for spreading. Once bubbles begin forming on the surface, use a spatula to flip over. Each side should need less than a minute – because of the high fruit content they burn very easily, trust me!

Once cooked, transfer to a plate and either eat whilst warm or leave to cool.

*Source: A Taste Without Waste Original
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