

Protein Pancakes



1 small ripe banana

1 egg

1 Tbsp almond butter

Coconut oil for cooking

1. Using a fork, mash banana in a medium size bowl, then add egg and almond butter and stir until combined.
2. Heat a medium skillet over medium-high heat. When warm, add coconut oil and swirl to coat skillet. When oil has melted, scoop some of the pancake mix into the pan and cook until set and browned on one side.
3. Flip pan and cook until browned on other side.
4. Serve with fresh fruit or a tablespoon of real maple syrup.