

## Grain-free Banana Blueberry Pancakes

### **Ingredients:**

2 bananas  
4 eggs (natural, organic)  
2 Tbs raw almond butter (or other nut butter) \*  
2 Tbs melted coconut oil  
1/2 tsp cinnamon  
Dried blueberries (or fresh)  
Whip cream and maple syrup (optional)

Place the first five ingredients in a high powered blender and blend until smooth. Pour a minimum amount of batter into a hot greased pan or skillet making small-sized pancakes (not too large or they might break apart when turned). Add blueberries on top.

Cook on medium low heat and watch for bubbles while the bottom is browning. A good indication to turn them is when you see steam or smoke appear and bubbles cover the top and the pancake is firm enough to flip.

\* You can substitute for another nut butter in this recipe. The original called for sunflower butter.