Nutritious Pancakes – 1 serving (~3 pancakes)

Ingredients:
- 1 very ripe banana
- 2 eggs
- 1 tbsp. coconut flour
- 1/8 tsp. baking soda
- Pam oil spray

Directions:
1. In a food processor process the banana until smooth. If you do not have a food processor, simply just mash the banana in a bowl with a fork.
2. Add eggs coconut flour and baking soda and process (or mash) until blended.
3. In a pre-warmed pan on medium heat add oil so the pancakes don't stick.
   a. You can use any oil you prefer but using coconut oil will make the pancake taste better – trust me!
4. Pour your pancake mix into the pan and cook until the edges lose its shine. Flip and cook the other side.
5. Garnish your pancakes with cinnamon and fruit of your choice.
6. Enjoy! ☺