

Spiced Banana Almond Meal Pancakes

*Taken from former blog Roostblog.com

Ingredients

2 cups almond flour

1/2 tsp salt

1/2 tsp baking soda

1 TBSP cinnamon

1/2 tsp ground nutmeg

3 overripe bananas

2 eggs

Coconut oil for greasing pan

Berries for topping

(including bananas)

In a bowl mix the dry ingredients. In a separate bowl mix wet ingredients. Pour wet and dry ingredients into a blender and blend for about 30 seconds. Heat a non-stick griddle pan or skillet and grease coconut oil, or butter. Pour batter (if a little thick use a spoon to help flatten out the batter in the pan) into 4-inch rounds. Cook and flip until each side is done. Remove from pan and spread with coconut oil. Top with berries and enjoy!

Makes about 12 4-inch pancakes