

# Gluten Free Pancake Recipe

Your kids will go bananas over these banana pancakes! They're warm, nutritious, quick and delicious! And so simple that you can teach your fourth grader how to make them without having to write down the recipe. You'll feel good knowing that your kids are starting their day off right. This is a great addition to any grain-free (GAPS) diet. The scrumptious pancakes are both gluten and dairy free.

## What You Need:

- 1 small or medium banana
- 1 large egg
- Olive oil or coconut oil

## What You Do:

1. Have your child smash the banana with a fork.
2. Blend the egg in with the banana. Tip: Pasteurized eggs have two to four times more Vitamin A and D than unpasteurized eggs.
3. Heat the oil in a pan.
4. Ask your child to spoon a small amount of the mixture to the pan. Dollar-sized pancakes are perfect for younger kids and easier to flip.
5. Cook on medium heat for a couple of minutes, until the bottom is golden brown and starts to sizzle.
6. Have your child flip it over carefully with a spatula and cook the batter through.
7. Set it aside on a plate and cook the rest of the batter.
8. Enjoy your pancakes alone or with a little syrup and a side of sausage! Yum!

Grain add-in option: An equally delicious twist to this recipe is to mix in half a cup of cooked wild rice,  $\frac{1}{2}$  teaspoon of baking soda and a pinch of salt. Cook as directed as above. The addition of wild rice makes for a slightly heartier dish with great texture.

Fun fact: The banana tree isn't really a tree; it is the world's largest herb!

Like this recipe? Check out some other gluten free recipes here.

*Recipe courtesy of Marlese Ramirez-Carroll, Nutrition Consultant*

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