

Blueberry, banana and vanilla pancakes

You would never guess these lacy, delicate pancakes contain no grains nor any type of flour. They are gluten free and high in protein.

They are so easy to make if you have stick blender or a liquidiser and a non-stick frying pan.

Use bananas that are ripe, but not over-ripe with black patches.



Ingredients

Serves 8

- 2 medium sized ripe bananas
- 3 eggs
- 1tsp vanilla extract
- ½tsp ground cardamom seeds(optional)
- 150g blueberries
- 1tbsp. vegetable oil
- 2tbsp. maple or golden syrup
- 1tsp icing sugar

Method

Peel the bananas and place them in a tall jug or liquidiser. Add the eggs vanilla and ground cardamom if using. Liquidise these ingredients and leave the batter to settle for 5 minutes. The mixture can be quite frothy at this stage and the bubbles need to disperse before cooking. Just before you are about to cook the pancakes stir in 100g of the blueberries.

Heat a large non-stick frying pan and with a piece of kitchen paper, wipe oil around the pan. Pour tbsp. of batter into the pan for each pancake. You should be able to fit 4 small pancakes in a pan and each pancake should measure about 10cm across.

Cook the pancakes for 2 minutes or until just set, flip the pancakes over and cook for a further 2 minutes.

Serve the pancakes with extra blueberries, a drizzle of syrup and a dusting of icing sugar.