



Fluffy and Flavorful Flourless Pancakes Recipe

Description

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Indulge in the delight of our Flourless Pancakes, characterized by their airy texture and delectable flavor. This recipe is effortlessly crafted, making it an ideal choice for a nutritious and speedy breakfast or brunch. Let's dive into the simple steps to create these delightful treats, ensuring you have all the ingredients at your fingertips.

Ingredients:

- 2 large eggs
- 1 teaspoon vanilla essence
- 2 ripe bananas
- 1/2 teaspoon baking soda
- A pinch of salt
- Coconut oil (for pan greasing)

Preparation:

Mash the Bananas:

Start by placing ripe bananas in a mixing bowl. Utilize a fork to thoroughly mash them until a smooth and uniform texture is achieved.

Combine Ingredients:

To the mashed bananas, add eggs, baking soda, vanilla essence, and a pinch of salt. Stir the ingredients together until a homogeneous batter forms, maintaining a smooth consistency with all elements well incorporated.

Preheat the Pan:Preheat the Pan:

Cook the Pancakes:

With the pan ready, pour small ladlefuls of batter into the pan, forming pancake shapes. Allow enough space between each pancake for easy flipping. Cook each side for about 2 minutes, or until the pancakes turn a lovely golden brown, with slightly lifted edges indicating they're ready to be flipped.

Serve Hot:

Transfer the cooked pancakes to a serving plate. Enjoy these flourless pancakes best when hot, straight from the pan. For a delightful breakfast, pair them with fresh fruit, a dollop of yogurt, or a drizzle of honey for added sweetness.

These Flourless Pancakes not only simplify your cooking but also cater to diverse dietary preferences, being both gluten-free and dairy-free. They showcase how basic ingredients can culminate in a profoundly satisfying and flavorful dish. Whether seeking a healthier alternative to traditional pancakes or simply craving something new, these flourless pancakes are guaranteed to leave a lasting impression. Enjoy the cooking process and relish every delightful bite!

Category

1. High Protein Recipes

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