

## Banana and Coconut Pancakes (**Paleo** and **Whole 30 friendly**)

### Shopping List:

- 2 bananas
- 3 organic eggs
- unsweetened shredded coconut

Start by peeling and mashing two bananas. The riper they are the better so that they're softer, but I have made these with bananas of every phase of ripeness...just not green! Add in 3 eggs and about 1 and 1/2 cups of unsweetened shredded coconut. I usually just eyeball this until the consistency is like a batter.

You can add additional things in if you want to. I usually add a dash of cinnamon. You can add nuts, blueberries, vanilla extract if you want. Truthfully these are already sweet on their own because of the coconut that they do not need anything at all! So if you want to keep them plain like I did this time I assure you you will still love them!

Heat up your non-stick pan over medium heat and add small amounts of coconut oil before each batch of pancakes. This particular time I made my pancakes a normal, medium size and the recipe made 6 pancakes. Add the batter to your pan as you would with normal pancakes and make sure to flip them once the first side is cooked. If you flip too soon you may lose a little batter, just like regular pancakes, but it all tastes the same even if they don't look perfect.

These pancakes store well for a day or two in the refrigerator.