



# BUCKWHEAT BANANA PANCAKES

EMMYLOU  
❤️ LOVES



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## INGREDIENTS

1 Banana mashed  
2 eggs  
1 cup buttermilk or milk of your choice  
1 cup of buckwheat flour  
2 tsp baking powder  
1 tsp cinnamon  
Dash of vanilla extract

## DIRECTIONS

### Method:

Mash banana and beat in the eggs

Stir in milk

Add the dry ingredients and you're good to go!

You can make about 6 large pancakes or little pikelets if you prefer (great for a kids snack)

Alternatively you can pop it all in the Nutri Bullet or blender... but this morning it was all about mixing it in a bowl with the kids helping



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