

Ashley's Meal Prep Monday!

Not Your Average Pancakes

INGREDIENTS

Two ripe bananas

2 $\frac{1}{2}$ TSP baking powder

2 TBSP maple syrup

1 TBSP avocado oil

1 TSP vanilla

2 eggs

$\frac{1}{2}$ to $\frac{1}{4}$ cup almond milk

$\frac{3}{4}$ cup rolled oats

1 cup almond flour

$\frac{1}{4}$ heaping cup

cornmeal

$\frac{1}{4}$ cup flax seed meal

$\frac{1}{2}$ TSP salt

This is an extremely easy recipe for yummy "healthy" pancakes! Add every single ingredient into a blender and blend until smooth and consistency you want for pancakes. You can always add less or more on the milk. Then add about a $\frac{1}{4}$ cup - $\frac{1}{2}$ cup onto a hot pan or griddle. You should be able to make about 6-8 pancakes, depending on the size you make.

One of my fav Instagram influencers spent the holidays with her sister who has similar dietary restrictions as me. They made these incredible sounding pancakes and I waited patiently for her to post what ingredients were used so I could try them myself. I've made these three times in the last two weeks and I cannot get enough of them!

As someone who normally loves peanut butter on a pancake, these are best with just butter and syrup. They're also fantastic straight out of the fridge. I will make these over and over and over. I'll make them to have in the freezer when they runout in the fridge. I promise you, while the ingredients may seem odd, these are what my pancake dreams are made of.

CARTWRIGHT'S
MARKET

Recipe: @mseimilyrose11 and @spaceandpurpose

