

PANCAKES 100% HEALTHY

INGREDIENTS

- 2 ripe bananas;
- 1 tbsp (7g) ground flaxseeds;
- 240 mL plant-base milk;
- 120g buckwheat flour;
- 1 tsp baking powder;
- 1 tsp ground cinnamon;
- 1 tsp natural vanilla extract;
- 1 pinch of fine salt.

PREPARATION

- Mash the bananas in a large bowl until smooth.
- Add all the other ingredients and mix well.
- Spoon small portions of the mixture into a hot, greased pan.



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