



**FRESH
CONNECT**
BUCKS COUNTY

recipe

INGREDIENTS

1 large green plantain, peeled
2 eggs
1 tsp vanilla
¼ tsp baking soda
1/8 tsp salt
Coconut oil for cooking



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Flourless Plantain Pancakes

NAME OF DISH

INSTRUCTIONS

1. Place the plantain, eggs, vanilla, baking soda and salt in your blender. Blend until you have a smooth batter. If the plantain is hard to peel, try making a slit in the peel lengthwise, followed by slicing it into thirds. This makes the peeling process much easier.
2. Melt the coconut oil in a pan over medium heat. Once the oil has melted and the pan is hot, use 1/3 measuring cup to pour the batter onto the pan.
3. Cook until the bottom edges of the pancake are golden brown, and then flip the pancakes and cook the other side for 1-2 minutes or until the pancakes are cooked through.



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