**NAME OF DISH**

Flourless Plantain Pancakes

**INGREDIENTS**

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

**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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