

# GLUTEN-FREE PANCAKES WITH CARAMELIZED BANANAS

Store-bought gluten-free pancake mixes have come a long way, but they are often loaded with fillers, sugar, and high-glycemic rice flour. These gluten-free pancakes use almond flour for the base, making them higher in protein and more filling. If you have guests or want to show off to your family, caramelize some bananas and drizzle them on top. It takes just a few minutes.

---

## INGREDIENTS

1 cup almond milk  
1 teaspoon of lemon juice  
1 tablespoon chia seeds  
1 teaspoon vanilla extract  
1 tablespoon maple syrup  
2 tablespoons avocado oil  
2 eggs  
1/4 cup of GF rolled oats  
1/4 cup cassava flour  
1 1/2 cups almond flour\*  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt

## CARAMELIZED BANANAS

2 tablespoons unsalted butter, cut into pieces  
2 tablespoons coconut sugar  
2 tablespoons almond milk  
2 bananas, sliced  
pinch of salt

pecans (optional)

\*Use Bob's Red Mill Super-Fine Almond Flour

## MAKES 16 PANCAKES

- 1 Put almond milk, lemon juice, and chia seeds into a blender cup and let them sit for 5 minutes.
- 2 Then add vanilla, maple syrup, avocado oil, eggs, and oats and blend through.
- 3 In a large mixing bowl, whisk together cassava flour, almond flour, baking powder, baking soda, and salt. Slowly add the liquid mixture and stir. The mixture will thicken.
- 4 Heat a non-stick griddle pan to medium, and using a 1/4-cup scoop, form small pancakes. You might need to spread the batter out with the bottom of a ladle or the scoop. The pancakes won't bubble, so you'll want to check on them after about 1-2 minutes or so. Peek underneath to see if golden and flip and cook for about 1 more minute.
- 5 To make the bananas, heat a skillet to medium and add the butter, sugar, and almond milk. Stir until well mixed and cook until the caramel starts to slightly bubble. Add bananas and coat with the sauce. Remove from heat.
- 6 To plate, stack some pancakes, lay some bananas on top, and drizzle with the caramel sauce. Top with some crushed pecans.

---

## NOTES

- You can substitute buttermilk for almond milk and 2 tablespoons melted and cooled unsalted butter for avocado oil for a richer pancake if you are not dairy-free.