


# Grainless Banana Pancakes

 Ready in 15 minutes

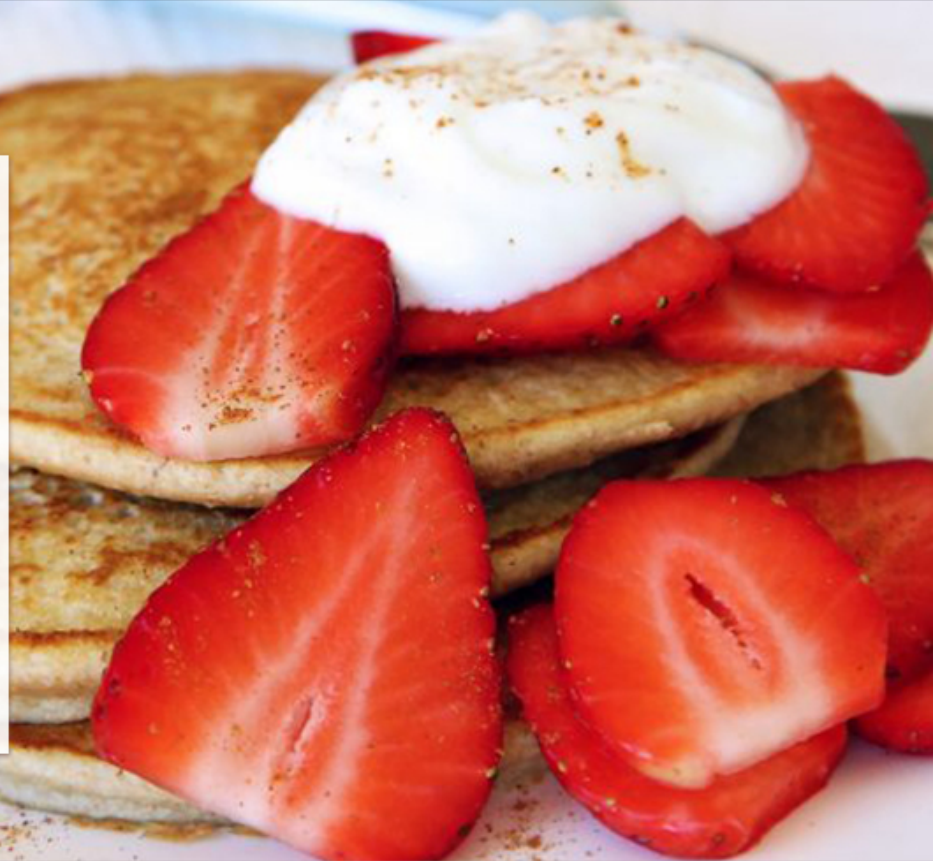


**Meal Type:**  
BREAKFAST (PROTEIN, FRUIT\*, FAT)

**Preparation Difficulty:**  
**EASY**

**Program Phase:**  
**ALL PHASES**

**Preparation Time:**  
**PREP: 5 minutes**  
**COOK: 10 minutes**



## INGREDIENTS (1 SERVING):

2 whole eggs plus 3 egg whites (female)  
OR 2 whole eggs plus 5 egg whites (male)

1 small carrot, shredded

1/2 bell pepper, any color, sliced

1/3 cup mushrooms, any, sliced

1 clove garlic, minced

2 tbsp oil (olive, sesame, coconut, or avocado)

1/2-1 tbsp low sodium soy sauce OR coconut aminos

Pinch of salt

1. In a small bowl, mash the banana with a fork.
2. Add the rest of the ingredients and whisk until evenly combined.
3. Spray a small skillet pan with cooking spray and heat over low/med heat.
4. Using a tablespoon, spoon batter onto pan (2 tbsp per batter per pancake). Let cook for a few minutes (bubbles should form). Flip with a spatula and let the other side cook for another minute or two. Repeat this process until batter is gone and transfer pancakes to a plate.
5. Add toppings if desired and enjoy!



**TIP: FOR A LOWER FAT NUT BUTTER TOPPING, USE SUGAR FREE PB POWDER MIXED WITH WATER ACCORDING TO DIRECTIONS (CRAZY RICHARDS IS A GOOD BRAND. MAKE SURE TO CHECK INGREDIENTS ON OTHER BRANDS SO THEY DON'T HAVE ADDED SUGAR)**

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