

# Best Banana Spinach Pancakes

yummytoddlerfood.com

## Ingredients:

2 small very ripe bananas (about 1 cup tightly packed sliced bananas)  
2 large eggs  
1 cup buckwheat flour or whole wheat (See Notes at the bottom if using whole wheat)  
1 cup milk  
2 cups lightly packed baby spinach  
1 tablespoon ground flaxseed  
1 1/2 teaspoons baking powder  
1 teaspoon cinnamon  
1 teaspoon vanilla extract  
Coconut oil for cooking (or canola oil or butter)

## Method:

Add all ingredients to a blender except the flour.

Blend on high until very well combined, about 20-30 seconds, or until you no longer see any noticeable flecks of spinach. Stir or pulse in the flour and thoroughly combine without over-mixing.

Warm a nonstick or cast iron skillet or griddle over medium heat and coat with oil or butter. Pour small rounds of batter onto the hot surface—the batter should spread fairly thinly on its own—and let cook until bubbles form on the surface and the surface is mostly set, about 3-4 minutes.

Flip and cook for an additional 3 minutes, or until fully cooked. Continue to prepare the rest of the batter, keeping the finished pancakes warm in a 275 degree oven if desired.

Serve warm with fruit, maple syrup, or another favorite dip.