



# Pancakes

Sugar-free, fat-free and lactose-free

*Preparation: 5 minutes | Cook: 15 minutes | Ready in 20 minutes*

For about 6 tasty pancakes:

- 1 banana
- 1 egg
- 90gr of flour
- 100ml = 1/2cup = 4oz of vegetable milk
- 1 level teaspoon of baking soda
- 2 teaspoons of perfume (rum, orange blossom, as you wish) or a little vanilla powder

## *Preparation:*

To save time, you can already preheat your stove over medium heat. If you do not have a non-stick frying pan, use a brush with olive or coconut oil.

1/ In the bowl of your robot, add the banana pieces and the egg. Mix until this mixture becomes foamy.

2/ Then add the rest of the ingredients: flour, vegetable milk, bicarbonate and perfume.



Your preparation is ready! All that's left is the cooking.

In a hot frying pan, place a ladle of batter. Bubbles will then appear, as soon as they cover the entire surface (about 1 minute or until golden) turn the pancake over on the other side for 1 minute.

Tip: For the most gourmands, you can add chocolate chips, fruits (blueberries,...) as soon as you have placed the ladle of batter in the pan before the bubbles form.

*Bon appétit!*

*Krystalife*