



Flourless Banana Pancakes

<https://classicbakes.com/recipes/flourless-banana-pancakes>

- **Prep Time:** 10 mins
- **Cook Time:** 20 mins
- **Total Time:** 30 mins
- **Serves:** 4 persons



Ingredients

- 2 tablespoons [Ground Flaxseed Meal](#)
- 6 tablespoons of Water
- 1 cup [Almond Milk](#)
- 2 medium [Ripe Bananas](#)
- 3 1/2 teaspoons [Baking Powder](#)
- 2 cups [Gluten-Free Old-Fashioned Rolled Oats](#)
- 1/2 teaspoon [Cinnamon](#)
- 1/8 teaspoon [Cardamom](#)
- 1/2 teaspoon [Salt](#)
- 2 teaspoons [Pure Vanilla Extract](#)
- 2 tablespoons [Stevia](#)
- 2 tablespoons [Coconut Oil](#)
- 1 cup [Blueberries](#) (Optional)
- 8 tablespoons of [Honey](#) (Optional)

Instructions

1. Whisk the ground flaxseed meal and water in a [small bowl](#) and set it aside for 5 minutes until it thickens.
2. Place the flaxseed mixture into a [high-speed blender](#) along with the almond milk, ripe bananas, baking powder, oats, cinnamon, cardamom, salt, vanilla extract, and stevia, and blend it until smooth.
3. Set the pancake batter aside and let it sit for 5 minutes until the pancake batter thickens.

4. Heat a [griddle](#) to medium-high heat or set a [cast-iron skillet](#) over medium-high heat. Grease the griddle or skillet with 1 [tablespoon](#) of coconut oil.
5. Next, add 1/4 cup of pancake batter to the skillet. Finally, add 2-3 more pancakes to the griddle. If you cook the pancakes in a cast-iron skillet, cook them two at a time. Let it cook for 2-3 minutes until tiny bubbles appear on the surface of the pancakes.
6. Flip the pancakes over. Cook them for an additional 2-3 minutes until golden brown. Repeat steps 5-8 until all the pancake batter is gone.
7. To serve, divide the pancakes between 4 [serving plates](#) and top with 1-2 tablespoons of honey and 1/4 cup of blueberries. Best paired with [Boba Milk Tea](#).

Full recipe: <https://classicbakes.com/recipes/flourless-banana-pancakes>