

Two-Ingredient Pancakes

Serves: 2

You will need:

2 eggs
1 banana
1 pinch (approx. 1/8 t.) baking powder (**optional, but recommended*)
Cooking spray



Instructions:

1. Get a skillet nice and hot. Peel the banana and place in a bowl — mash well with a fork. Add the eggs and baking powder (if using) and mix well.
2. Grease your skillet with non-stick cooking spray. Ladle the batter (I used about 2-3 T. per pancake) into the skillet and cook until the underside is golden brown. Flip the pancakes and do the same on the other side. Transfer to a serving plate and repeat with remaining batter. Serve immediately.
3. And while these pancakes are lovely plainly served with a drizzle of fruit topping, feel free to jazz them up with some add-ins:

*Cinnamon *1/4 t. vanilla *berries *chocolate chips *nuts

Nutrition Facts for Pancakes: Per serving (no add-ins)

115 calories 6 g protein 14 g carbohydrates 5 g fat 2 g saturated fat

Triple Berry Topping (yields 1 cup)

Ingredients

2 cups frozen berries
1/2 cup water
1.5 tablespoons honey



Instructions

1. Put all three ingredients in a small saucepan over med-hi heat. Bring to a boil, smashing up berries a bit with a wooden spoon.
2. Reduce heat, but let it continue to simmer 7-8 minutes until it starts to get nice and thick. Serve hot or cool.

**If you want *spiced* berry topping, add a good shake of cinnamon and nutmeg as it simmers.

***I think it would keep well in an airtight container in the fridge for 4-5 days at least.

Nutrition Facts for topping: Per 2 Tbsp

45 calories 1 g Protein 11g Carbohydrate 1 g Fat

Nutrition Facts: 1 serving pancakes plus 2 Tbsp fruit topping

160 calories 7 g protein 25 g carbohydrate 6 g fat 2 g saturated fat

<http://www.babble.com/best-recipes/two-ingredient-pancakes-just-won-weekday-mornings/>

<http://www.itsalwaysautumn.com/2015/04/01/easy-healthy-triple-berry-pancake-topping-low-sugar.html>