

## *Banana Coconut Pancakes with fresh blueberries*



The inspiration for this recipe initially came from one of my favourite food blogs, 'Green Kitchen Stories'.

This version uses more eggs and is lighter on the bananas among other changes.

Whenever I present 'The 7 Nutrition Habits of Highly Effective People', I always mention that having nothing but a banana for breakfast is not a good breakfast choice (usually to the disappointment of quite a few people in the audience!) but I hasten to add that bananas are not a bad food in themselves! It's just that they

are among the fruit with the highest glycaemic load (GL), and so if you have them on their own every morning for breakfast, this isn't a good strategy for keeping your blood sugar levels nice and even (especially as breakfast has such a big impact on the metabolism for the rest of the day). This recipe is a good example of how you can combine protein with fruit to create a low GL, tasty and satisfying meal.

I love the texture of these pancakes, very chunky and light, and almost gooey inside... Mmm.

Serves 3

## Ingredients

### For the pancakes:

2 small ripe bananas  
4 large free range eggs  
4 tablespoons desiccated coconut  
1 tablespoon buckwheat flour  
1 tsp ground cinnamon

A little coconut oil or (non extra virgin) olive oil for frying

### For the topping:

300g blueberries  
1 tsp vanilla extract

## Preparation

1. Leave blueberries to simmer on low heat with a splash of water and the vanilla
2. Mash the two bananas
3. Whisk the pancake ingredients together to form a batter
4. Oil the frying pan and heat over the gas.
5. Ladle the batter in small amounts onto the frying pan to 3 small pancakes at a time (aim for 9 in total)
6. Serve covered with the stewed blueberries and vanilla.