KOCHREZEPTE FRISCH AUS MALLORCA von Fet a Sóller

Banana pancakes

Preparation time: 15 min. · Level of difficulty: very easy ·

Quantity

Ingredients for 4 pieces.

Ingredients

1 piece Ripe banana
1 tbsp Carob flour
1 tsp Cocoa
1 tbsp Extra virgin olive oil
3 tbsp Xeixa flour
1 pinch Cinnamon
1 pinch Salt

Preparation

Mash the banana with a fork until no coarse pieces remain.

Then mix well with all the ingredients in a bowl. Do not blend in a blender, as the consistency of the mixture will be too fine and the pancakes too firm afterwards.

Carefully heat the olive oil in a non-stick pan and either bake small pancakes or one large one and then serve pizza pieces or cut out small pieces with biscuit cutters.

Perfect for breakfast with a little orange honey. If you like, sprinkle a little cinnamon on top. Also great to take with you on the go.