

## **Primal Banana flapjacks/pikelets**

### **Ingredients:**

- 1 medium ripe banana (optional)
- 1.5 cup almond flour
- Pinch of salt
- 2 tbs Xylitol
- 1 tbs baking powder
- 5 ml vanilla essence
- 1 egg
- 175ml – 250 ml milk
- 1 tbs melted butter



### **Method:**

1. Sift the flour, baking powder and salt together into a bowl. Stir in the xylitol.
2. In another bowl or a jug, beat the egg with the milk, mashed banana and the melted butter.
3. Make a well in the dry ingredients and add the liquid mixture. Without over-mixing, stir until combined, adding more milk if the mixture is too stiff. The mixture should be able to drop off the end of a spoon.
4. Heat a lightly buttered non-stick pan on a medium heat. Drop spoons of the mixture into the pan and cook on both sides till golden brown.
5. Serve with almond butter and enjoy.