

Dr. Geoff's Pancakes

These gluten-free, dairy-free pancakes are high in protein and taste great, even to those who eat gluten and dairy! Top with berries for extra anti-oxidants.

- 4 large, whole eggs
- 3 large egg whites
- ½ cup certified organic, gluten-free oats
- 1 cup raw walnuts
- 2 medium bananas
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- Coconut oil

In a blender combine eggs, egg whites, oats, walnuts, bananas, vanilla extract and cinnamon. Blend until smooth. Heat non-stick pan on medium-high. Add enough coconut oil to generously coat pan. When it's hot (but not smoking), pour pancake batter onto pan in ~3 – 4" rounds. Cook for approximately 1 minute, or until golden brown. Flip them over and brown the other side (for about another minute).

Top with your favorite fruit, honey, pure maple syrup or yogurt.

Makes 12 pancakes.