

Banana Flax and Yeast Pancakes



TIPS:

1. Why Yeast In These Pancakes? The ingredients in this pancake are all vegan. Nutritional yeast, the kind of yeast used in this recipe, not only has a nutty flavor but it also contains protein (about 9 grams per 3-4 tablespoon serving) along with critically important vitamin B12 (helps brain/nervous system function and red blood cell production

and is most abundantly available in animal/dairy foods that are not part of a vegan diet).

2. A Sturdy Spatula and Freshly Ripened Bananas: Flipping these banana pancakes is the most difficult part of putting this recipe together - and it's not that hard to do at all - because there is no fat or oil added to the batter ingredients shown here. I, therefore, recommend using a sturdy spatula like the metal-bladed spatula shown here as well as...



...using freshly ripened bananas that are still slightly green and firm (left), not over-ripened and browned (right) as shown below. Over-ripe browned bananas make for a thinner batter that is almost impossible to flip in one piece in the pan.



3. Versatility: Like just about any recipe, this recipe is extremely versatile as you can substitute or supplement the ground flax with your favorite cereal, whole grain flour, nut or coconut flour, and more. You can also use any other dried fruit either with or as a substitute for the raisins shown here. As always, imagination, taste, and nutritional needs are your only limits.

Preparation Time: 5 minutes

Cooking Time: about 7 minutes

Ingredients (for one pancake)

1/2 Ripe Banana
Light Dash of Salt
1 Teaspoon Vanilla Extract
Ground Cinnamon
1 Tablespoon Ground Flaxseeds
1 Tablespoon Nutritional Yeast
Chia or Any Seeds (I'm using the mix of grains and seeds shown below)
1/2 Handful Raisins (or any other dried fruit)
Coconut Oil

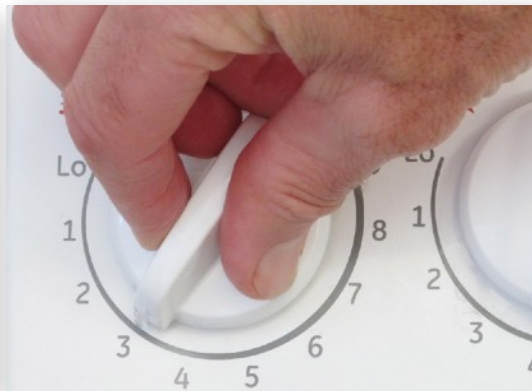


Equipment

10 Inch Frying Pan
Spatula
Fork
Tablespoon
Bowl



1. Put the frying pan on the stove, and turn on the burner to MEDIUM-LOW heat.



2. While the pan warms, peel a **ripe banana**, and put **half the peeled banana** into a bowl.



Mash the **half banana** coarsely with a fork until what you have looks about as shown in the picture below right.



3. Add **a light dash of salt, a shot (about 1 teaspoon) vanilla extract...**



...a shake of ground cinnamon, about **1** tablespoon ground flaxseed,...



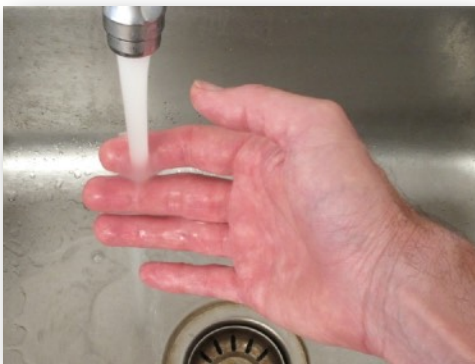
...about **1** tablespoon nutritional yeast, about **1** tablespoon chia (or other seeds), and about **1/2** handful raisins (or any other dried fruit).



4. Stir and mash the **ingredients** until they are well mixed together as shown in the photo on the right below.



5. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the stove heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep warming the pan until the water sizzles on contact.)



6. When the pan is warm enough to cook, add about **1/2 tablespoon coconut oil** to the pan.



Swirl the **oil** in the pan by holding the pan handle, lifting the pan off the stove, and rolling your wrist until...



...the pan surface is coated evenly with **oil**.



7. Scoop the **banana batter** into the pan to and tamp it into pancake shape with a fork or spoon so that the **pancake** looks about as shown in the picture on the right below.



8. Cook for 2-3 minutes until the **bottom of the pancake**, when gently lifted with a spatula, has browned lightly.



When the **bottom of the pancake** has browned as shown above, slide a spatula under the **pancake**, and turn it over bottom-side up. **NOTE:** Unless you're using a non-stick pan, the pancake will probably stick to the pan surface even with butter or oil in the pan. No problem. Just use short stabbing motions with the spatula blade pressed firmly to the pan surface to free the pancake from the pan surface.



9. Cook for another 2-3 minutes until the **bottom of the pancake**, when lifted again with a spatula, is lightly browned as shown here.



10. When the **pancake** is fully cooked as shown above, use the spatula to slide under and lift it out of the pan onto a plate or into a bowl, and serve warm with your **favorite toppings**.



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