



Teff Banana Pancakes

Ingredients

- 2 Tbsp flax seeds
- 2 Ripe bananas
- 1½ Cups vanilla soy milk
- 1 Tbsp honey
- 1 Tbsp vanilla
- 1½ Tsp oil, divided
- 1½ Cups of ICON FOODS TEFF FLOUR
- 1 Tbsp baking powder
- ½ Tsp cinnamon
- ¼ Tsp sea salt

Directions

1. Grind flax seeds in a blender until powdery. Add banana, vanilla soymilk, vanilla, honey, and ½ teaspoon oil. Blend well.
2. In a large mixing bowl mix together teff flour, baking powder, sea salt, and cinnamon. Stir in banana soymilk mixture.
3. Place a griddle or skillet over medium heat. After a minute or 2, brush on one teaspoon of oil. Using a tablespoon, scoop up the batter and pour it on the hot griddle, one heaping tablespoon for each pancake.
4. Cook pancakes for 3-4 minutes on the first side, or until you see tiny holes on the top of the pancakes. Flip them over and cook for another minute or two
5. Serve plain or topped with yogurt.

We want to see how your Teff pancakes came out, send us your pictures!

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