



Melt-In-Your-Mouth Banana Pancakes

- 1 ½ cups organic sprouted rolled oats (click thru)
- 1 ½ cups whole fat milk
- 1 cup TYH organic sprouted flour of choice (click thru)
- 2 tablespoons maple sugar or sucanat
- 2 large eggs, lightly beaten
- 5 tablespoons coconut oil, melted
- 2 very ripe bananas

Mix rolled oats and milk. Stir in dry ingredients. Stir in eggs and coconut oil. Mash bananas with a fork and add to pancake batter. Cover batter and let sit on counter for 1 hour so oats will soften. Stir well just before cooking.

Heat skillet on medium low heat. Lightly brush with coconut oil or melted butter. Pour ¼ cup batter per pancake into skillet. Cook until browned on both sides. NOTE: These pancakes should cook slowly so interior has an opportunity to cook and fluff before outside gets overly browned.

Serve with warm maple syrup. Jeff and I enjoy bacon and coffee with lots of heavy raw cream with our pancakes.