

Banana Pikelets

Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Gluten, No Added Sugars or Refined Starches
- Can be made Grain free, low in Salicylates and Glutamates. Could be made moderate in Amines
- Low in FODMAPs

Easy Swaps

- Cocoa with Carob or Vanilla
- Coconut oil with Butter or preferred oil

6 Bananas

4 Eggs

1-2 tablespoons of Cocoa (optional) and/or sprinkle of Cinnamon (optional)

2 teaspoons of Psyllium (optional)

Coconut oil or your preferred oil or butter (if tolerated) for cooking

1. Place all ingredients into a high speed blender.
2. Blend until well mixed
3. Using a dessert spoon ladle several pancakes into a hot frypan that has been greased with your preferred oil or butter
4. Cook on a low heat until lightly browned underneath. Flip and cook on the other side until also browned through
5. Keep your frypan non-stick with extra oil or butter between batches. 1 teaspoon of oil per batch is usually plenty
6. Serve hot with fruit or preferred toppings or cold as a snack



Star Nutrients

Protein, Fibre
Iron, Zinc, Potassium,
Magnesium
B vitamins

Notes

1. To make these pikelets low in salicylates avoid using cinnamon and choose appropriate oil to cook with
2. The amine content can be reduced by using "just ripe" bananas, avoiding cocoa and using appropriate oil
3. These pikelets are more delicate than those made with grains. So keep small to avoid them breaking up on flipping and serving
4. Psyllium will help provide a texture that is closer to pancakes made with wheat flour
5. Keep the stove heat low as these pikelets will easily burn
6. The recipe can easily be doubled or halved