



Green pikelet

(Serve 3)

Equipment:

Mini chopper/food processor

silicone spatula

Ingredients:

2 ripe bananas

1 small plantain banana

3 tablespoons coconut flower

2 eggs

2 teaspoons *Vital Green* or *Just Green* * see note

½ teaspoon cinnamon (optional)

Coconut oil to fry

Toppings:

Coconut cream, butter, honey, tahini, etc.

Note: If you don't have them, matcha powder, spirulina or cooked spinach may work. Or if you don't like green, opt this out.



Direction

- 1) Peel plantain banana and cut roughly. Process in a mini chopper until it looks like mashed banana.
- 2) Add the rest of the ingredients. Process until everything is mixed well.
- 3) Scoop with a spoon and cook with coconut oil. When bubbles start to appear, turn and cook the other side.
- 4) Serve with toppings or have as they are.