



Pinklet

(makes 3)

Equipment:

Mini chopper / food processor

Sandwich press (optional)



Ingredients:

2 ripe bananas

1 small plantain banana - peeled & cut roughly

3 tablespoons coconut flower

2 eggs

1/3 steamed beetroot

1/2 teaspoon cinnamon (optional)

Coconut oil to fry

Direction

- 1) Put all ingredients in a mini chopper or food processor. Process until everything is mixed well.
- 2) Scoop with a spoon and fry both sides. I use sandwich press to fry but frying pan is good as well.
- 3) Serve with your favourite toppings.

(toppings)

Coconut cream, butter, jam, honey, maple syrup etc.