

NOURISH

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Paleo Pumpkin Pancakes with Bananas Foster Topping

Servings: 2 people, 6 medium pancakes

Prep + Cook Time: 20 minutes

Pancake Ingredients

- 4 eggs
- 1/2 cup canned pumpkin
- 2 teaspoons pure vanilla extract
- 2 c
- 1/2 teaspoon baking soda
- 4 tablespoons melted grass-fed butter or coconut oil (2 for pan frying)

Instructions

1. Wisk the eggs, pumpkin, vanilla, maple syrup + spices together.
2. Melt 2 tablespoons of grass-fed butter or coconut oil + slowly pour into the batter. Mix thoroughly.
3. Heat remainder butter or coconut oil in large skillet over medium heat. Pour batter into skillet. Batter will be thin. After a few bubbles form, flip over to finish cooking.
4. Sprinkle with cinnamon, add some pure maple syrup if you'd like + serve.

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Bananas Foster Topping

Servings: 2

Time: 5 minutes

Topping Ingredients

- 1 large banana
- 1 ½ tablespoons ghee or grass-fed butter
- 1 ½ teaspoons cinnamon
- ½ teaspoon pure maple syrup
- 1-2 tablespoons bourbon or whiskey (optional)

Instructions

1. Heat a small skillet on medium heat.
2. Slice banana. Melt the butter. Add sliced banana to butter.
3. Add cinnamon + maple syrup. Let cook for 1 minute. Turn heat up to medium-high.
4. Add whiskey, stirring constantly. The heat will burn off the alcohol + the flavor is delicious. Cook on high for 1 minute, constantly stirring.
5. Remove from pan + top pancakes.
6. *The key is not to overcook the bananas so that they are mushy, but rather to caramelize them with the butter + maple syrup.*