



## 3-Ingredient Pancakes

*These remarkably simple yet delicious pancakes require just three basic ingredients—eggs, bananas, and optional vanilla—to create fluffy, naturally sweet breakfast treats. No flour, no baking powder, no milk needed; just whisk, cook, and enjoy golden-brown pancakes that taste indulgent while being surprisingly wholesome. Perfect for busy mornings or anyone looking to simplify their breakfast routine without sacrificing flavor or texture.*

PREP TIME

5 minutes

COOK TIME

15 minutes

TOTAL TIME

20 minutes

SERVINGS

4 servings

### INGREDIENTS

2 medium Ripe bananas	2 whole Large eggs
1/2 teaspoon Vanilla extract	1/4 teaspoon Ground cinnamon
1 tablespoon Butter or coconut oil	2 tablespoons Maple syrup
1/2 cup Fresh berries	1/4 cup Greek yogurt
1 tablespoon Honey or agave	1 pinch Sea salt
1 pinch Nutmeg	1 tablespoon Almond butter

### INSTRUCTIONS

- 1
- Peel 2 ripe bananas and break them into chunks into a blender or food processor. For best results, use bananas with brown spots on the skin, which indicates peak ripeness and sweetness. The riper the banana, the sweeter and more natural your

pancakes will be.

- 2 Crack 2 large eggs directly into the blender with the banana chunks. Add 1/2 teaspoon vanilla extract, 1/4 teaspoon cinnamon, and a small pinch of sea salt. For extra depth, you can add a tiny pinch of nutmeg if desired.
- 3 Blend all ingredients on high speed for 30-45 seconds until you achieve a smooth, thick batter with no banana chunks visible. The mixture should resemble thick pancake batter and should be consistent throughout. If it seems too thick, you can add a splash of milk, but usually the eggs and banana create the perfect consistency naturally.
- 4 Place a non-stick skillet or griddle over medium heat. Add 1 tablespoon of butter or coconut oil and let it melt completely, coating the entire cooking surface evenly. Allow the pan to heat for about 1 minute until it's properly preheated—a drop of water should sizzle on contact.
- 5 Pour approximately 1/4 cup of batter for each pancake onto the hot skillet, spacing them about 2 inches apart. Let them cook undisturbed for 2-3 minutes until the edges look set and the bottom is golden brown. You should see small bubbles forming on the surface, indicating it's time to flip.
- 6 Using a thin spatula, carefully flip each pancake and cook for another 1-2 minutes on the second side until golden brown and cooked through. The second side typically cooks faster than the first, so watch carefully to avoid burning. The pancake should feel firm to the touch when done.
- 7 Transfer cooked pancakes to a warm plate or baking sheet. If making multiple batches, you can keep finished pancakes warm in a 200°F oven while you cook the remaining batter. Repeat steps 5-6 with remaining batter until all pancakes are cooked.
- 8 Stack warm pancakes on serving plates and top with your favorite toppings. Fresh berries, a dollop of Greek yogurt, drizzle of maple syrup, or almond butter all work beautifully. Serve immediately while the pancakes are still warm and fluffy.



### Chef's Notes

The secret to perfect 3-ingredient pancakes lies in three key factors: using truly ripe bananas with brown spots, blending until completely smooth with no chunks, and maintaining medium heat throughout cooking. Many home cooks make the mistake of using underripe bananas or cooking on too-high heat, which results in dense, burnt pancakes. I recommend always using room-temperature eggs as they blend more smoothly and incorporate better into the batter. The batter is quite delicate compared to traditional flour-based pancakes, so use a thin, flexible spatula and flip with a quick, confident motion—hesitation leads to tears.

### NUTRITION PER SERVING

Calories: 180 kcal   Protein: 8 g   Carbs: 22 g   Fat: 7 g

