



ANA's Kitchen Corner

3-Ingredient Gluten-Free Banana Pancakes

INGREDIENTS:

- 2 large eggs
- 1 large banana
- ¼ tsp pumpkin pie spice

DIRECTIONS:

1. Blend the eggs, banana and pumpkin pie spice in a blender until smooth.
2. Heat a large non-stick skillet or griddle over medium-low heat. Working in batches, drop silver-dollar portions of the batter (about 1 tablespoon) onto the skillet and cook until golden brown, 1 to 2 minutes per side.

From: www.Foodnetwork.ca

TIPS AND SUBSTITUTIONS:

If using a regular skillet or griddle, melt 1 tablespoon butter in the skillet before cooking the pancakes. Add additional butter if needed between batches, about 1 tablespoon more.

Ana's Kitchen Tips & Tricks:

1. If you need to use chilled butter, grate it and freeze it for about an hour beforehand. When recipes call for chilled butter (pie crust, biscuits, and the like), grate the butter ahead of time and put it in the freezer for an hour or so before incorporating it into the recipe. Since it's already quite cold and in itty-bitty pieces, you'll handle it less which will prevent the butter from melting and it keeps the fat molecules intact, resulting in flakier pastries
2. Small things, like sifting your flour, make a big difference. I know it seems like such a superfluous, tiny step, but it really does create a world of difference in the quality of your final cake, pie, bread, or whatever other goodie you are making.
3. Know that a lot of the time, you shouldn't over-mix things. Very rarely should you ever mix a dough or batter until all of the lumps are gone. Most recipes say "until incorporated" and they mean just that."