

Eggless Banana Quinoa Pancakes

by [A TIPical Day](#)

Ingredients:

1 ripe banana
3/4 cup of quinoa flakes
1/4 cup gluten free oats
1 tablespoon chia seeds
1/2 cup almond milk (coconut milk is also fine here)
2 teaspoons cinnamon
1 teaspoon vanilla
pinch of salt
optional - 1/4 dried cranberries, chopped walnuts or both
optional - 100% pure maple syrup

Instructions:

1. In a large mixing bowl, mash banana well.
2. In a separate dish allow the chia seeds to soak in the almond milk for about 2-3 minutes to soften.
3. Add quinoa flakes, oats, cinnamon, vanilla, and salt to your banana. Pour in the chia seed/almond milk mixture. Stir, mixing completely. Batter should resemble pancake batter. If too thick add a little more milk.
4. Pour about 1/4 cup or less of the batter onto a pan over medium heat. When edges start to look done flip.
5. Top with optional items and enjoy!