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Food for Health with CNM:

## Banana Pancakes

These Banana pancakes are rich and indulgent and can be enjoyed for breakfast or dessert. They keep in the fridge for up to a week and can be frozen so batch-making them comes in handy to brighten up any day.

### Ingredients

- 1 banana
- ½ cup walnuts
- ½ cup pine nuts / pecans
- ¾ cup soaked cashews
- 1 tablespoon coconut flour
- ½ cup maple syrup
- ¼ cup water
- ½ tablespoon vanilla extract
- ½ teaspoon salt

*CNM recommends the use of organic ingredients.*

### Method

- Blend all the ingredients together until smooth.
- Portion the pancake batter by pouring a ¼ of a cup onto a non-stick dehydrator sheet, and smooth into rounds.
- Dehydrate 24-48 hours. Once ready they will

be flexible but still hold together when being moved.

- Top with fresh berries, coconut yogurt, and lots of fresh edible flower petals. Add a little more maple syrup and enjoy to your hearts content!

*Recipe by Eloise Schwerdt, CNM Nutritional Therapist graduate, naturopathic chef and lecturer, CNM Vegan/Natural Chef courses.*



Photograph by Eloise Schwerdt