

Plantain Pancakes



Makes:

18 mini pancakes, or 6 servings of 3 pancakes each

Utensil:

Flatbread Pan
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Plantain is a staple ingredient in Nigerian food preparation. Unripe, ripe and overripe plantains can all be used to create sweet and savory dishes. Plantains can be fried, boiled, baked, grilled and roasted.

2 plantains, ripe
2 eggs
¼ cup
all-purpose flour
(40
g)
1 teaspoon
salt
(6
g)
½ teaspoon
chili powder
(1
g)

Directions:

1. Peel and cut plantains into small pieces and place in mixing bowl. Mash plantains with back of fork, add eggs and stir to combine.
2. Add flour, salt and chili powder and stir to combine.
3. Heat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate.
4. Turn heat to medium-low and add 1 tablespoon of batter to pan for each pancake, spacing out pancakes.
5. Cook for 3 - 5 minutes until small bubbles begin to form on top of pancake. Flip pancake over and cook for an additional 3 - 4 minutes until golden brown.
6. Keep pancakes warm until serving.

Tips:

- Plantain are high in natural sugars and can burn easily so adjust heat accordingly so pancakes have time to cook thoroughly without burning.
- Serve mini plantain pancakes as a snack or appetizer as-is or with a savory sauce or hot sauce.
- Use a wooden or metal potato masher to easily mash plantains.
- Add minced pepper and onions to plantain pancake recipe and serve it as a side dish with main course.
- Makes a great on-the-go snack for kids.

Nutritional Information per**▼ Serving****Calories:** 116**Total Fat:** 2g**Saturated Fat:** 1g**Cholesterol:** 71mg**Sodium:** 416mg**Total** 23g**Carbs:****Dietary Fiber:** 2g**Sugar:** 9g**Protein:** 3g