

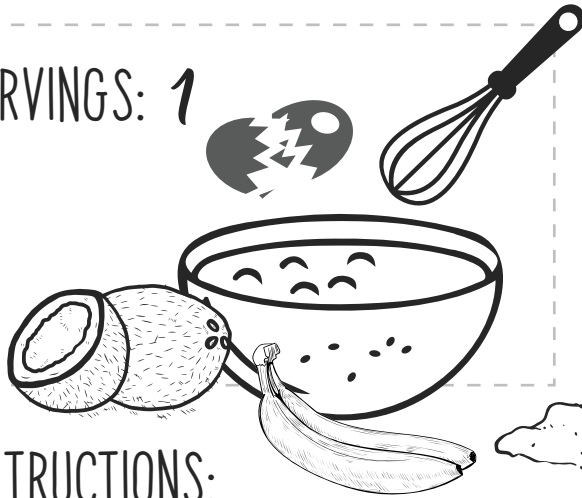


SUPER WOMAN G&E BREAKFAST



QUICK AND EASY COCONUT FLOUR PANCAKES

SERVINGS: 1



INSTRUCTIONS:

1. Start by heating a large skillet over medium heat with the coconut oil.
2. Add the banana to a mixing bowl and mash. Mix in the remaining ingredients.
3. Pour $\frac{1}{4}$ cup of the batter into the preheated skillet at a time and cook for 2-3 minutes on each side of until lightly brown.
4. Continue this process until you have used all the batter.
5. Enjoy with an extra slab of coconut oil or unsweetened coconut butter if desired.

INGREDIENTS:

1 ripe banana



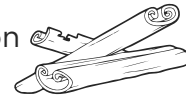
3 organic pasture-raised eggs



2 heaping tablespoons of coconut flour



Dash of cinnamon



Coconut oil for cooking



BON APPETITE!

