



# LUKE COUTINHO

Integrative & Lifestyle Medicine | Holistic Nutrition

## SATTU PANCAKE (EGGLESS)

A healthy pancake you and your kids would love! Involve your kids to make them for a Sunday breakfast!

### Ingredients

- ▶ Sattu flour - 1 cup
- ▶ Ceylon Cinnamon - 1/4 tsp
- ▶ Pink Himalayan salt - 1/4 tsp
- ▶ Organic jaggery powder - 1 tbsp (or as per sweetness desired)
- ▶ Banana (ripe) - 1 large
- ▶ Cold pressed coconut oil - 1 tbsp
- ▶ Plain almond/coconut milk - 3/4 cup
- ▶ Chopped fruits/nuts - for garnishing
- ▶ Raw honey - a drizzle (optional)

### Method:

1. Sift the flour into the mixing bowl and add jaggery powder, salt and cinnamon. Mix together.
2. Mash the banana in a bowl, add coconut oil and almond milk. Mix with a ladle to get it to batter consistency.
3. Heat the pan, grease a little bit of coconut oil or ghee. Add the batter, flip it and cook until its browned from both sides.
4. Garnish with chopped fruits, nuts, seeds or drizzle some honey and serve hot.

### Healthy benefits:

- ▶ Sattu is rich in protein and has cooling properties.
- ▶ It is packed with good proportion of iron, magnesium, manganese
- ▶ Potassium content in the banana helps balance the electrolyte levels
- ▶ Makes a great post workout breakfast for adults and kids.

