



## Test Kitchen Tuesday

Try it. You might like it.

# Gluten Free Chia Seed Pancakes

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From: [Test Kitchen Tuesday](#)

**Time Required:** 10 minutes

**Makes:** 1 serving

**Ingredients:**

***Pancakes:***

- 1 ripe banana, mashed
- 2 eggs
- 1 tablespoon protein powder
- 1 tablespoon chia seeds
- 2 tablespoons coconut or almond milk
- 1/4 cup gluten-free oats

***Topping:***

- 1 apple, chopped
- 1/2 tablespoon cinnamon
- Dash of powdered ginger
- Honey to taste

**Method:**

- Preheat a nonstick griddle over medium heat
- Mix all the pancake ingredients in a small bowl, drop by 1/4 cup on skillet and cook until the batter stops bubbling (about 2 minutes) and flip
- Cook the reverse side for about a minute, and flip onto a plate
- While the pancakes are cooking, chop an apple, place into a small bowl, and add cinnamon and ginger and microwave for 2 and a half minutes
- Top pancakes with apples and honey to taste

