

## Mean Green Hemp Pancakes

Prep time: 15 min. Cook time: 10 min.

### Pancakes.

1/2 c. hemp protein  
2 tbs. (heaping) coconut flour  
1/2 c. blueberries  
1 large banana mashed  
3/4 c. coconut milk  
2 eggs

### Nice-Cream.

2 c. frozen banana chunks  
1/4 c. coconut milk  
1 tsp. matcha powder  
2 tbs. vanilla extract

1. Mix all pancake ingredients except blueberries in a large mixing bowl until well combined and smooth.
2. Add blueberries to the batter and combine with the batter.
3. Using a 1/4 cup measure scoop the batter into a large oiled skillet or frying pan and cook until you can gently lift the pancake from the pan without breaking it. Depending on your definition of 1/2 a cup of blueberries this may be trick for some pancakes, don't worry they taste delicious whether they stay together or get broken in the pan.
4. Flip the pancakes and cook for another 2-3 minutes.
5. Serve and eat with Nice-cream or whatever else your heart desires.
6. To make the nice-cream combine all ingredients in a food processor and process until smooth, scoop and serve with pancakes or just eat it directly with a spoon.

Enjoy, and happy eating!

Shandi