



**PLANTAIN PANCAKES WITH BERRIES AND SYRUP**



**THESE DELICIOUS PANCAKES ARE GLUTEN-FREE, AND IF YOU USE ALTERNATIVE MILK, AND OIL AS THE FAT, THEY WILL BE VEGAN, TOO!**

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**BECAUSE IT'S UNLIKELY THAT YOU'LL BE ABLE TO RUN A BLENDER AT YOUR CAMPSITE, IT WOULD BE WISE TO MAKE THE PLANTAIN PURÉE AT HOME, FREEZE IT, AND BRING IT ALONG IN YOUR COOLER. THEN, YOU CAN THAW IT AND ADD THE OTHER INGREDIENTS, WHEN YOU'RE CAMPING.**

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**RECIPES FOR BATTERS AND DOUGHS RELY ON CORRECT RATIOS, SO UNLIKE MOST OF OUR RECIPES, THIS ONE ACTUALLY INCLUDES QUANTITIES.**

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**SERVED WITH HONEY AND FRESH BERRIES; MAPLE SYRUP; JELLY OR JAM; OR ANY OTHER TOPPINGS YOU WOULD LIKE.**

### **Ingredients**

- 4 Green plantains, puréed
- 4 Eggs
- 4 T. oil or melted butter
- Milk or alternative milk until the batter is it's the consistency of pancake batter
- 2 pinches of salt
- ½ t. baking soda

### **Directions**

1. Mix together all ingredients until the mixture is uniform.  
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2. Heat fat in a pan over the fire, and when it's hot, make a test pancake. If it cooks too quickly, move it to a cooler part of the fire. If it cooks too slowly, move it to a hotter part of the fire. Also, try your test pancake for seasoning, and adjust the seasonings as desired.  
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3. Cook your pancakes, and top with desired toppings.