

Avocado Pancake



If you've not tried an avocado pancake you have no idea what you're missing out on! This avocado pancake recipe is quick, easy, healthy, clean eating, paleo, raw and delicious, if you ask me that ticks all of my boxes! If you need **more reasons to eat avocado** check out this post on all the health benefits.

So to make this avocado pancake breakfast all you need is half an avocado and 1 large egg. Ok so let's do this! Scoop out half of an avocado and whisk or mash it up in a bowl until it is smooth. Then crack a large egg in to the avocado and mix in until it's well combined. Heat a small frying pan and pop a small amount of olive oil or coconut oil into the pan, once it's hot pour in your avocado mixture and roll in the pan to let it spread. As with normal pancakes use a spatula to test the edges and smooth out the mixture and wait for the avocado pancake to start bubbling holes in the top, then flip it and cook on the other side for another 30 seconds to 1 minute until your happy it's cooked through.

Once your avocado pancake is cooked, pop it on a plate, spoon on some greek yoghurt and sprinkle on some cinnamon and a dash of maple syrup and oh boy you've got yourself THE most delicious avocado pancake breakfast you will ever taste!

You can try this with other ingredients too: use 1 banana a 2 eggs, or 1 small sweet potato and 2 eggs. Whichever tingles your tastebuds and it's so healthy!!!

Love Roo xx

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