



Banana & Coconut Pancakes with Salted Caramel Sauce

Ingredients

- 80ml Flour
- 30ml Rice flour
- 60ml Castor sugar
- 60ml Desiccated coconut
- 250ml Coconut milk
- 1 Egg (lightly beaten)
- 4 large bananas
- 60g Butter
- 80ml Brown sugar
- 80ml Lime juice
- 15ml Shredded, toasted coconut, for serving
- Strips of lime rind for serving
- [Wild Appetite Salted Caramel Sauce](#) for serving



Method

Sift the flour into a bowl. Add the sugar and coconut and mix through with a spoon. Make a well in center, pour in the combined coconut milk and egg, and then beat until smooth.

Heat a non stick frying pan and fry pancakes. The mixture should make about 5 pancakes. Transfer to a plate and cover with a tea towel to keep warm.

Cut the bananas diagonally into thick slices. Heat the butter, add the bananas and fry gently until the bananas start to soften and brown. Sprinkle the bananas with brown sugar and stir until melted. Stir in the lime juice.

Serve as a stack, layering bananas and some sauce between each pancake. Sprinkle with coconut and lime rind and [Wild Appetite Salted Caramel Sauce](#).