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Dr. Gundry's Lectin-Free Plantain Pancake Recipe (for banana lovers!)

By [Gundry MD Team](#) | May 18, 2018 | 6 Comments



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If you love banana pancakes, you're in for a massive treat. You see, there's a cousin of the banana that happens to be an incredible resistant starch... and if you've been trying to fend off lectins, you know your gut bugs thrive on resistant starch.

In case you've not heard of these, let's start by answering the question...

WHAT IS RESISTANT STARCH?

Well, simply put, a resistant starch is a fructooligosaccharide. Actually, that's not simple at all, so let's just call it an FOS.

Now, your good gut bugs, or friendly bacteria, populate the innermost cells in your gut (the mucosal layer). And these guys thrive on FOSes.

In fact, these beneficial bacteria not only live in mucus, they also stimulate mucosal cells to make more of this good stuff. And there are a slew of positive benefits. For instance, [FOSes help with the maintenance of metabolism, and they help keep a low pH in the gut environment](#).¹ Then the mucus in your gut becomes a sort of moat, trapping lectins to keep them from passing through your intestinal wall. The more mucus you produce, the more resistant you are to lectins.

SO, WHAT ARE SOME EXAMPLES OF RESISTANT STARCHES?

Well, instead of being quickly converted to sugar in your blood – which is burned for energy, or stored as fat – the following resistant starches simply pass through your small intestines and don't break down:

- [Sweet Potatoes](#)
- Taro Root
- Green Plantains

- Green Bananas

There are others, but this is the lectin-free list! When these resistant starches pass through your system without breaking down, they could be able to [help keep your blood sugar level a little lower](#).²

Furthermore, these resistant starches also increase the proportion of friendly bacteria in your gut – like a prebiotic would – which means they not only enhance nutrient absorption, but they also foster the growth of bugs that nurture the mucous layer. What does that mean? Well, for starters, fewer lectins will be able to get through your intestinal wall to start a cycle of weight gain.



And resistant starch, like that in the plantain, assists in weight regulation by:

- Helping you to boost the fat burning process after you eat.³
- Allowing you to feel fuller, longer. That means you'll likely consume less food.⁴
- Possibly helping to decrease [fat accumulation](#) in the long run.⁵

Now, Let's Get Down to Pancake Baking!

Before you begin, a quick note on vanilla: You should know that vanilla can enhance the flavors of the other ingredients in a delicious way, but make sure you read the label carefully on the vanilla extract you end up purchasing...

You see, some products use artificial flavoring, which you should avoid at all costs. If you're able to find organic vanilla extract, you should use that. And remember: a little will go a long way.

DR. GUNDRY'S LECTIN-FREE PANCAKE RECIPE

Makes about 8 pancakes

Prep time: 10 minutes

Cook time: 20 minutes

What You'll Need:

- 2 large green plantains, peeled and cut in pieces
- 4 large pastured or [omega-3 eggs](#)
- 2 teaspoons pure vanilla extract
- 4 to 5 tablespoons extra-virgin coconut oil
- ¼ cup *Just Like Sugar*
- ⅛ teaspoon sea salt, preferably iodized
- ½ teaspoon baking soda

What to Do:

1. First, place the plantain pieces in a blender or food processor and purée — you should have about 2 cups.
2. Then, add your eggs, and blend them with the plantain to form a smooth batter.
3. Next, add the vanilla extract, 3 tablespoons of melted coconut oil, Just Like Sugar, the salt, and baking soda. Process on high for 2 to 3 minutes, until smooth.
4. Then, you're going to want to heat 1 tablespoon of coconut oil in a pan or griddle over medium heat. When the oil shimmers, fill a 1/2 cup measure with batter and pour into the pan. Repeat for two to three more [pancakes](#).
5. Let the batter cook for 4 to 5 minutes, until the top looks fairly dry and has little bubbles. Flip and cook 1 to 2 minutes more.
6. Repeat with remaining batter, adding more oil as needed.

VEGAN VERSION: You can make a vegan version of these pancakes by replacing the eggs with 4 *VeganEggs*.



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If you love banana pancakes, this recipe is for YOU. Make your own lectin-free version with Dr. Gundry's ingredients below. For step by step instructions, check out

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our link in bio.

Lectin-Free Plantain Pancakes:

2 large green plantains, peeled and cut in pieces

4 large pastured or omega-3 eggs or VeganEggs

2 teaspoons pure vanilla extract

4 to 5 tablespoons extra-virgin coconut oil

¼ cup Just Like Sugar

⅛ teaspoon sea salt, preferably iodized

½ teaspoon baking soda •

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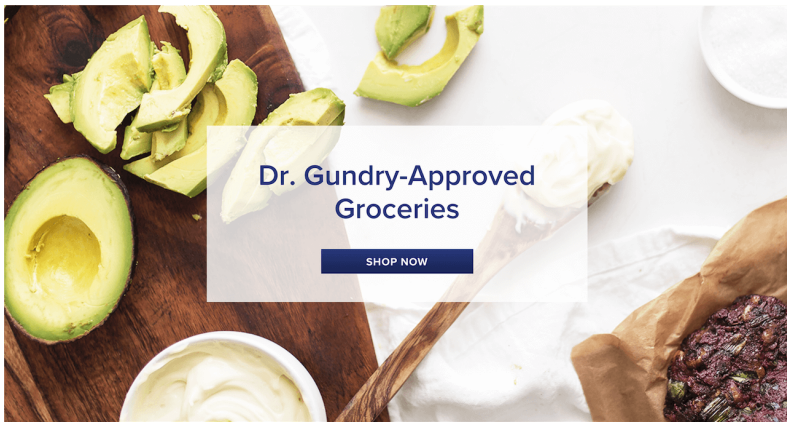
You'll have a scrumptious breakfast (or dessert) that will not only taste divine but will help you keep your lectin count low. Your friends or family will beg for more – so make sure you stock up on those plantains.

Learn More:

[How to Decipher Egg Carton Labels in Your Grocery Store](#)

[Dr. Gundry's Better than Nutella Cookie Recipe](#)

Want help stocking your pantry with Gundry-approved foods? Visit the online grocery shop for Dr. G's personally curated products for the lectin-free lifestyle. Click the image to shop now:



Sources

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3725482>
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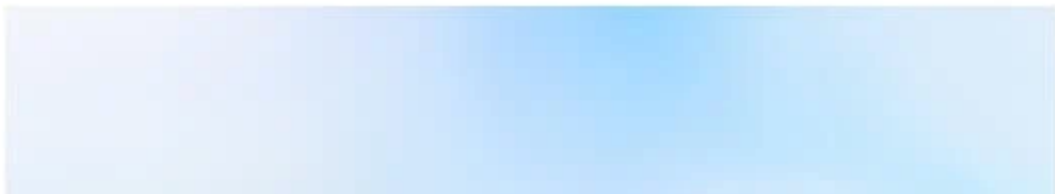
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