

## Banana pancakes



Recipe credit

Adapted from the United States Department of Agriculture's Banana Pancakes with Apple Topping

### **About this recipe**

Serves

7

Serving size

2 pancakes

Time to make

5 minutes preparation; 10 minutes cook time

# Ingredients

- 2 eggs
- 1 1/2 cups skim milk
- 1 tablespoon honey
- 3 tablespoons vegetable oil
- 3/4 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/2 cup quick cooking oats
- 2 teaspoons baking powder
- 2 large ripe bananas, sliced
- Non-stick cooking spray

# Directions

1. Beat the eggs and add milk, honey, and oil to the mixture.
2. Add the flours and oats, baking powder, and banana slices to the mixture.
3. Coat the surface of a non-stick pan with cooking spray and warm the pan in medium heat.
4. Pour batter by 1/4 cup on to the hot cooking surface. Cook until bubbles break on the pancake top and edges begin to dry. Turn over pancake.
5. Cook about 1 minute on the flip side or until golden brown.
6. Repeat steps 4 and 5 until all the batter is gone.

# Tips and variations

- Substitute other fruits such as apples for bananas to explore new flavors.
- Do not save the leftover batter. Instead, make it into pancakes and freeze the extra pancakes.
- Do not give honey to infants less than 1 year of age.
- If you are running short on time, swap in a “complete” pancake mix. Follow the recipe on the package and add the oats and bananas as listed on this recipe. Add additional water or milk if the batter is too thick.

## Nutritional info

Calories

251

Total fat

8.4 g

Saturated fat

1.5 g

Cholesterol

54.2 g

Sodium

147.5 mg

Total carbohydrates

38.5 g

Dietary fiber

3.4 g

Protein

7.9 g

Total sugar

10.5 g

Allergens

Dairy

Eggs

Wheat

Soy

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