

# Banana Pancakes

With whole wheat flour and mashed bananas, these pancakes are a fiber powerhouse!

Makes: 9 Servings

Prep Time: 15 mins

Cook Time: 20 mins

Source: [FoodHero.org/recipes](http://FoodHero.org/recipes)



Small Changes,  
BIG Difference!

## Ingredients

- 2 eggs
- 1 1/2 cups nonfat or 1% milk
- 1 Tablespoon sugar
- 3 Tablespoons oil
- 2 bananas, mashed
- 3/4 cup whole wheat flour
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder

## Directions

1. Beat eggs in medium bowl. Add milk, sugar, oil and bananas and mix well. Add flours and baking powder. Mix gently.
2. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet).
3. Spoon 1/4 cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown.
4. Refrigerate leftovers within 2 hours.



## Nutrition Information

Serving Size: 2 pancakes (110 g)

Nutrients	Amount
Calories:	180
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	40 mg
Sodium:	150 mg
Total Carbohydrates:	26 g
Dietary Fiber:	2 g
Total Sugars:	7 g
Added Sugars:	4 g
Protein	6 g

## Utensils Needed

- Mixing bowl
- Mixing spoon
- Skillet or griddle
- Measuring cups
- Measuring spoons
- Spatula

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$16.74

Average cost/serving: \$1.86

Makes: 9 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Large Grade A Eggs, 12 ct



Add 1 to Cart  
Whole Wheat Flour, 5lb



Add 1 to Cart  
1% Milk, 0.5 gallon



Add 1 to Cart  
All- Purpose Flour, 5 lb



Add 2 to Cart  
Banana



Add 1 to Cart  
Baking Powder, 8.1 oz

## SAVE TIME, SAVE MONEY

### Cooking Tips

- To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.
- Add crushed nuts, like walnuts, to the batter for an extra crunch and boost of protein.
- Substitute bananas with other fruits like blueberries.
- Top with applesauce, fresh fruit or yogurt.
- Make a large batch and save leftovers for the next 2-4 days. Eat them cold or heat them up in the microwave for a quick breakfast or snack.

### My Cooking Notes