



Fluffy Banana Pancakes

Servings 3 | Prep time 10 mins. | Total time 25 mins.

Equipment: Large bowl, Large frying pan or griddle

Utensils: Fork or whisk, Mixing spoon, Measuring cups and spoons

Ingredients

Non-stick spray

1/2 cup ripe banana, mashed (about 1 medium banana)

1 cup low-fat (dairy or soy) milk

2 tablespoons vegetable oil OR canola oil

1 tablespoon sugar

1 teaspoon (real or imitation) vanilla

1 1/2 cups all-purpose flour OR 1/2 cup whole wheat flour

1 tablespoon baking powder

1/2 teaspoon salt

1/2 teaspoon cinnamon

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruits.
2. In a large bowl, mash banana with a fork. Add milk, oil, sugar, and vanilla to the bowl. Whisk until well combined.
3. Add the flour to the wet ingredients, then sprinkle the baking powder, salt, and cinnamon on top of the flour. Mix gently until ingredients are combined but the batter is still lumpy.
4. Heat a large griddle or frying pan over medium heat. Spray pan with stick non-stick spray and drop about 1/4 cup of the batter onto the pan. Cook until bubbles form on the pancake, then flip and cook until golden brown on the other side, about 2-3 minutes. Reapply non-stick spray to frying pan between batches to prevent sticking. Repeat with all the remaining batter.

Nutritional Information:

Calories 320 Total Fat 1.5g Sodium 920mg Total Carbs 66g Protein 10g