





Grains Group

Banana Pancakes serves 6

DIRECTIONS

1. In a large bowl, mix the flour, baking powder, and cinnamon
2. In a small bowl, mash the bananas.
3. In a third bowl, whip the egg whites.
4. Combine milk, mashed bananas, and egg whites.
5. Pour banana mixture into the flour mixture and mix well .
6. Coat a large non-stick frying pan or griddle with non-stick spray.
7. Warm the pan over medium heat for 2 minutes.
8. Spoon 1/4 cup of the batter onto the heated griddle for each pancake, adjust more or less depending on pancake size.
9. Cook for 3 minutes on each side or until golden brown and firm

SERVING SUGGESTIONS:

1. Top with a pat of no-salt butter or margarine
2. Drizzle with maple syrup, honey, jam or low-fat vanilla yogurt,
3. Sprinkle on a handful of chopped walnuts, blueberries or raisins
4. Add fresh sliced fruit such as bananas or strawberries

Per Serving: 158 calories; 4 gr Fat; 11 gr. Protein; 45 gr Carbohydrates

WHAT YOU WILL NEED

Mixing Bowls
Mixing Spoons
Frying Pan or Griddle
Spatula
Measuring Cup & Spoons

INGREDIENTS

- 1 cup whole wheat flour
- 2 tsp. baking powder
- 1 tbsp. ground cinnamon
- 2 egg whites, whipped
- 1 cup evaporated skim milk
- 2 medium very ripe bananas



This recipe is courtesy of FLIPANY, a local 501(c)3 non-profit, and Share Our Strength's Operation Frontline™.
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