

College of Public Health and Human Sciences

## Banana Pancakes

### Ingredients:

- 2 eggs
- 1 ½ cups nonfat milk
- 1 Tablespoon sugar
- 3 Tablespoons oil
- 2 bananas, mashed
- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- ¼ cup blackberries or fruit of choice

### Directions:

Beat eggs in medium bowl. Add milk, sugar, oil, and bananas and mix well. Add flours and baking powder. Mix gently. Lightly spray a large skillet with non-stick cooking spray. Heat skillet over medium-high heat. Spoon ¼ cup batter onto the skillet 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. Top with fruit, and enjoy. Refrigerate leftovers within two hours.

Recipe adapted from <https://www.foodhero.org/>



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## Nutrition Facts

9 servings per container  
Serving size 2 pancakes (101g)

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 1g Added Sugars	2%
<b>Protein</b> 5g	
Vitamin D 1mcg	6%
Calcium 123mg	10%
Iron 1mg	6%
Potassium 135mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Photo courtesy of Bob's Red Mill



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