

Healthy Recipe: Banana Pancakes

These pancakes are perfect to enjoy as a snack or light breakfast.

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Who needs a pancake mix when you can make these? They are easy to make, a great way to use up over-ripe bananas, and there's no added sugar! For a dairy-free version, see the Chef Tips. For extra taste, saute the banana in a little butter until lightly caramelized before using. These pancakes are perfect to enjoy as a snack or light breakfast.

20 min prep

2 servings

10 ingredients

Ingredients

- 1 ripe [banana](#), peeled
- 1 egg
- ½ cup [milk](#), or more as needed
- ⅔ cup whole wheat pastry flour
- 1 teaspoon baking powder
- ½ teaspoon freshly grated nutmeg (optional)
- 1 pinch sea salt
- 1 tablespoon melted [butter](#) or oil, plus more for cooking
- 1 tablespoon golden raisins, soaked in hot water then drained
- 1 ripe banana, sliced (optional, for serving)

Directions

1. In a 2-cup measuring jug, mash the ripe banana with a fork. Add the egg and enough milk to reach the 1 cup line. Beat together until well blended.
2. In a large bowl, sift together the whole wheat pastry flour, baking powder, nutmeg, and a pinch of salt. Stir in the banana mixture, melted butter or oil, and raisins.
3. Lightly coat a wide skillet with butter or oil. Heat over medium-high heat. Test the temperature of the pan by sprinkling some water into the pan — the water should sputter and evaporate immediately. Drop $\frac{1}{4}$ cup of batter for each pancake onto the pan. Cook in batches — do not crowd your pan.
4. Cook for about 2 minutes on each side or until bubbles appear on the surface of the pancakes, then flip and cook until browned. Serve immediately with maple syrup, butter, and/or sliced banana.

Chef Tips

For dairy-free pancakes, make with almond or soy milk, and swap the butter for melted coconut oil, grapeseed oil, or another neutral-flavored oil.

Want to keep your pancakes hot with out drying them out? Here's how:

Bring an inch or so of water to the boil in a large saucepan. Cover pan with a plate and turn the heat down to low. Place just cooked pancakes onto the plate while you are cooking other batches, and cover with a couple sheets of paper or tea towels for extra insulation.

Nutrition Facts (per serving):

Calories: 320; Fat: 11g; Saturated Fat: 6g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 3g; Carbohydrates: 51g; Sugar: 14g; Fiber: 7g; Protein: 10g; Sodium: 301mg

Registered Dietitian Approved

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