

Peanut Butter Banana Pancakes

Fall inspired flavors like cinnamon and nutmeg will make these pancakes a family favorite! The added peanut butter gives a boost of protein and the whole grains add fiber and texture.

Makes 6-(4 inch) pancakes

Cost: \$2.08 (.35 cents/serving)

Ingredients:

- 1 tablespoon peanut butter
- 1/2 cup whole wheat flour or all-purpose flour
- 1/2 cup old-fashioned or quick-cooking oats
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon ground cinnamon
- dash ground nutmeg (optional)
- 1 cup fat-free milk
- 1 egg
- 1 tablespoon oil
- 1 banana, mashed

Directions:

- Microwave peanut butter in microwave for 10 seconds or until melted.
- Mix dry ingredients in large bowl and set aside.
- Whisk wet ingredients (except bananas) in a small bowl and add to dry ingredients, mixing until combined.
- Add mashed bananas and stir into the batter.
- Ladle batter into hot skillet sprayed with cooking spray, using 1/4 cup batter for each pancake
- Cook until bubbles form on tops, then turn to brown other side.