

# BEYOND HUNGER

## BANANA PANCAKES

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*Start your morning off with fluffy and comforting pancakes. Bananas add a subtle sweetness and texture. Share this recipe with family and friends as it is sure to be a crowd pleaser!*

**Yield:** 10 pancakes

**Serving Size:** 2 pancakes

### Ingredients:

- 2 cups **all-purpose flour**
- ¼ cup **brown sugar**
- 2 tsp **baking powder**
- 1 tsp **baking soda**
- 1 tsp **salt**
- 2 ripe **bananas**
- 2 **eggs**
- 1½ cups **nonfat milk**
- 1 tsp **vanilla**
- 2 **bananas**
- Sliced **butter** for cooking

### Instructions:

1. In a medium bowl, add flour, brown sugar, baking powder, baking soda, and salt. Mix to combine.
2. Using another medium bowl, mash the bananas with a fork. Add eggs, milk, and vanilla into the same bowl as mashed bananas and mix thoroughly.
3. Add contents of the bowl of wet ingredients to the bowl of dry ingredients. Let the mixture rest for 10 to 15 minutes.
4. Heat pan on medium heat. Once the pan is hot, add a pat of butter and let it melt. Pour about ¼ cup batter onto the hot pan for each pancake. Ensure there is space between each pancake and the pan is not overcrowded.
5. Once the batter is in the pan, add a few sliced bananas on the uncooked side of the pancake. Once bubbles are seen in the pancake, flip it over to the other side.
6. Cook until both sides of the pancake are golden brown.
7. Repeat the process until the batter is finished. Pancakes are best served when hot.  
*Option toppings include sliced bananas, berries, cinnamon and sugar, and/or maple syrup.*

**Per Serving:** Calories 223, Carbohydrates 37.7 g, Protein 5.6g, Saturated Fat 3.3g, Sodium 392.9 mg, Fiber 1.9g, Sugars 12.7g  
This recipe was adapted from The Good and Cheap Cookbook.