



Banana Pancakes

(serves 6)

Ingredients

- 1 cup whole wheat flour**
- 2 teaspoons baking powder**
- 1 tablespoon ground cinnamon**
- 2 egg whites, whipped**
- 1 cup evaporated skim milk**
- 2 medium, very ripe bananas**

Instructions

1. In large bowl, mix the flour, baking powder, and cinnamon.
2. In a small bowl, mash the bananas. Mix in the milk and whipped egg whites. Pour banana mixture into the flour mixture and mix well.
3. Coat a large, non-stick frying pan or griddle with no-stick spray. Warm the pan over medium heat for 2 minutes.
4. Spoon ¼ cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
5. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes, or until golden on both sides. Place pancakes on a platter and keep warm.
6. Repeat steps 4 and 5 until all of the batter has been used, using more no-stick spray as needed.
7. Serve with warmed jam or jelly, warmed honey or fresh fruit (sliced bananas or apples) or eat pancakes on their own.

Note: Leftover pancakes can be wrapped and frozen for later use. To reheat, thaw in non-stick pan, toaster or microwave and serve as above.

Nutrition Facts

Serving Size (115g)			
Servings Per Container			
Amount Per Serving			
Calories	140	Calories from Fat	5
% Daily Value *			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	29g		10%
Dietary Fiber	4g		15%
Sugars	10g		
Protein 8g			
Vitamin A	4%	Vitamin C	6%
Calcium	25%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g

Source: Operation Frontline Recipe



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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

