



# whole wheat banana pancakes with blueberry sauce

NIBBLEDISH CONTRIBUTOR

## Ingredients

### Whole Wheat Banana Pancakes:

1. In a bowl combine:  
1 C whole wheat flour  
2 T brown sugar  
1/8 t salt  
1 1/2 t cinnamon  
1 1/2 t baking powder
2. In a separate bowl combine:  
2 ripe bananas (mashed)  
1 C milk or skim milk  
1 egg  
1 1/2 t vanilla

### Blueberry Sauce:

- 2 pints blueberries
- 3/4 C white sugar
- 1/4 + 2 T C H<sub>2</sub>O
- (8) 1 inch lemon peels

## Instructions

- Combine the dry & wet ingredients and stir.
- Ladle about 1/2 C of the batter onto a greased griddle.
- Cook until bubble on one side, Give it a flip and cook the other side until

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browned.

Blueberry Sauce:

\*\*\*Combine all ingredients in a sauce pan. Let it boil slowly until thickened. This may be refrigerated before serving.\*\*\*