



whole wheat banana pancakes with blueberry sauce

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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 H₂O
- (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

browned.

Blueberry Sauce:

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