



# Banana Wheat Pancakes

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 2 Ripened Bananas
- 1 1/2 Cups Whole Wheat Flour
- 3 1/2 Tsp Baking Powder
- 1 Tbsp White Sugar
- 1 1/4 Cups Milk
- 1 Egg
- 3 Tbsp Butter, Salter, Melted

Optional:

- 1/2 Tsp Vanilla Extract
- 1/4 Tsp Cinnamon

## Instructions

This is a one bowl recipe!

In a large bowl, combine:

1. Bananas (TIP: What I usually do is freeze my bananas when they get too ripe. Then when I'm ready to make this recipe, I take the frozen bananas out of the freezer about 30-minutes before hand and leave them at room temperature. That way I always have perfectly ripened bananas ready for baking!)
2. Sieve dry ingredients into the bowl: Flour, baking powder, sugar, cinnamon
3. Make a circle in the middle of the dry ingredient and add the wet ingredients: Egg and butter
4. Add milk and vanilla extract
5. With a mixer, mix all ingredients in the bowl well. Note, due to the bananas you

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will see some small chunks and won't get the mixture entirely smooth, don't worry about this.

6. In a heated, lightly oiled pan, add batter and heat until set on both sides

7. Served immediately hot with syrup, agave, or powdered sugar on top

Makes 8-9 Large Pancakes (as shown) or 10-12 Medium Pancakes