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

will see some small chucks 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