



# Banana Pancakes

Adapted from Shanicia Boswell

Enjoy a healthier alternative to traditional pancakes with this fun banana pancake recipe. Get your kids involved in the kitchen by asking them to mash the bananas. They'll love to help!

## Ingredients:

- 2 very ripe bananas
- 1 cup (240 milliliters) whole milk or plant-based milk
- 1 large egg (or extra 1/2 banana)
- 1 tablespoon vanilla extract
- 1 cup (125 grams) all-purpose flour
- 1 teaspoon ground cinnamon
- 2 teaspoons baking powder
- 2 teaspoons olive oil, plus more as needed
- 1 large spoonful of ground flaxseed and/or hemp seeds or protein powder (optional)
- Optional toppings for serving: chopped strawberries, bananas or coconut, raw, unsalted walnuts, pecans or almonds, maple syrup, and whipped cream.

## Instructions:

1. Position a rack in the middle of the oven, place a large sheet pan on it and preheat to 200 degrees.
2. In a large bowl, mash the bananas until mostly smooth but with a few remaining lumps. Add the milk, egg and vanilla and whisk to combine.
3. In a separate bowl, whisk together the flour, cinnamon and baking powder. Add the flour mixture to the banana mixture and stir until a batter comes together.
4. In a large (12inch), heavy skillet over medium heat, add the oil and heat until shimmering. Using a generous 1/4-cup scoop, ladle the batter into the skillet, allowing for space so the pancakes can spread. Cook until the bubbles form and the edges of the pancakes start to brown, 3 to 4 minutes per side. (Banana pancakes cook faster than traditional pancakes, so keep an eye on them). Transfer the cooked pancakes to the pan in the oven to keep warm. Repeat with the remaining batter, adding more oil if needed
5. Divide the pancakes and top with fruit, nuts, maple syrup and/or whipped cream, and serve.

\*Substitute gluten-free flour, dairy-free milk, or egg substitute as needed.

