



Oregon State
University

Banana Pancakes

Makes: 16 Pancakes
Prep time: 15 minutes
Cooking time: 20 minutes

Ingredients:

2-eggs
1 ½-cups nonfat or 1% milk
1-tablespoon sugar
3-tablespoons vegetable oil
2 -bananas (mashed)
¾-cup whole-wheat flour
¾-cup all-purpose flour
2-teaspoons baking powder

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits with water.
3. In a medium bowl, mix together eggs, milk, sugar, oil and bananas.
4. In a separate bowl, stir together flours and baking powder. Add liquids & mix until blended.
5. Heat a lightly greased skillet or griddle over medium high (350 degrees F in an electric skillet).
6. Pour ¼ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around edges.
7. Refrigerate or freeze leftovers within 2 hours.

