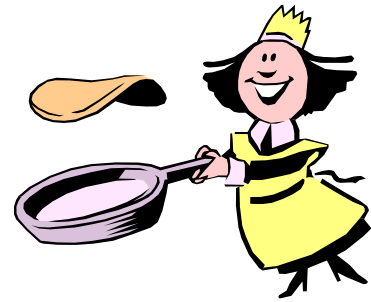




Michelle's Favorite Banana Pancakes

Ingredients

- 1 egg
- 2/3 cup low-fat milk
- 2 Tablespoons Canola oil (additional needed for griddle or non-stick skillet)
- 1 very ripe mashed banana
- ½ cup all purpose flour
- ½ cup whole-wheat flour
- 1 Tablespoon sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon cinnamon



Directions

1. Combine egg, milk, canola oil and mashed banana and whisk together.
2. In a medium side bowl combine remaining ingredients: flours, sugar, baking powder, salt and cinnamon.
3. Pour liquid ingredients into flour mixture and stir until just combined – a few lumps are OK.
4. Lightly coat griddle or non-stick skillet with oil. Heat griddle or non-stick skillet to medium high and spoon on approximately 2 tablespoons of batter for each pancake. Cook until bubbles form on the top of the pancake surface about 1-2 minutes. Using a spatula (non-metal for non-stick griddles) flip pancake and cook until puffed and dry around the edges.
5. Enjoy!

Makes approximately fourteen 4-inch pancakes
Encourage your child to invent his/her own flavor combinations

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