

BLUEBERRY BANANA PANCAKES

Yields about 8 pancakes, or 2 servings

Ingredients

- 3/4 cup whole wheat flour*
- 2 tbsp baking powder
- 1/4 tsp salt
- 2 medium bananas, ripe, mashed
- 1/2 cup milk of choice*
- 1 tsp vanilla extract
- 1 cup blueberries



Directions

1. Heating your skillet/griddle over medium to medium-high heat.
2. While your skillet is heating up, combine the flour, baking powder, salt, and cinnamon. Set aside.
3. Combine the bananas, milk, and vanilla extract in a separate bowl, and add to flour mixture. Stir to combine. Fold in blueberries.
4. Once your skillet is ready, spray the pan with nonstick cooking spray. Pour the batter onto the skillet using a 1/3-cup measuring cup.
5. Once you see lots of bubbles, carefully flip the pancakes (they will be delicate). It should take about 1-2 minutes per side. As soon as they are lightly golden brown on both sides, remove them from the heat.
6. Top with your favorite toppings, and dig in!

Notes:

*I used organic unsweetened soy milk, but you can use any milk you would like. Fresh or frozen blueberries will work. We topped our pancakes with 1/2 cup homemade unsweetened applesauce and more blueberries.

*You can also use 1/4 cup unsweetened protein powder in place of 1/4 cup of the flour to increase the amount of protein. 1/4 cup coconut flour would also work, which would bring a coconut flavor as well as another good source of fiber.

- Nutritional facts listed on next page. First nutritional facts label for recipe as listed above. If you use 1/4 cup unsweetened protein powder in place of 1/4 cup of the flour, the nutritional facts would be as shown in the second nutritional facts label.

Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	374
	% Daily Value*
Total Fat 2.6g	3%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 324mg	14%
Total Carbohydrate 84.6g	31%
Dietary Fiber 12.4g	44%
Total Sugars 22.2g	
Protein 10.4g	
Vitamin D 0mcg	2%
Calcium 732mg	56%
Iron 5mg	26%
Potassium 2081mg	44%

Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	372
	% Daily Value*
Total Fat 3.2g	4%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 452mg	20%
Total Carbohydrate 71.8g	26%
Dietary Fiber 9.4g	34%
Total Sugars 22.2g	
Protein 20.6g	
Vitamin D 0mcg	2%
Calcium 782mg	60%
Iron 6mg	34%
Potassium 2214mg	47%

Created by Kat at Kat's Health Corner

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