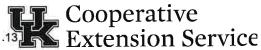
Servings: Makes 8 servings Serving Size: 2 pancakes Recipe Cost: \$9.03 Cost per Serving: \$1.13







Ingredients:

- · 2 large very ripe bananas
- 1 cup low-fat milk
- · 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- · 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Directions:

- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- 2. Preheat a skillet or griddle on the stove over medium-low heat.
- 3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.
- 4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
- 5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
- 6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
- 7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
- 8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
- 9. Refrigerate leftovers within 2 hours.

Source: Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

Nutrition facts per serving: 140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium