

Banana Pancakes

This recipe is a good source of fiber, which may help protect you from some diseases.

Ingredients:

- 2 large **eggs**
- 1 1/2 cups **nonfat milk**
- 1 tablespoon **sugar**
- 3 tablespoons **oil**
- 3/4 cup **whole wheat flour**
- 3/4 cup **white flour**
- 2 teaspoons **baking powder**
- 2 **bananas**, sliced

Directions:

1. Beat eggs in a medium bowl. Add in milk, sugar and oil.
2. Add whole wheat flour, white flour, and baking powder. Mix well.
3. Add bananas to batter.
4. Spray a griddle with no-stick cooking spray.
5. Spoon 1/4 cup of batter onto the griddle.
6. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown.
7. Serve immediately.

Nutrition Facts

Serving Size 3 pancakes (113g)			
Servings Per Container 6			
Amount Per Serving			
Calories 290	Calories from Fat 80		
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 260mg			11%
Total Carbohydrate 42g			14%
Dietary Fiber 3g			12%
Sugars 16g			
Protein 13g			
Vitamin A 2%		Vitamin C 10%	
Calcium 35%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

6 servings, 3 pancakes each

Bright Ideas:

Top with applesauce and cinnamon.

Source: USDA Food Stamp Nutrition Connection's Recipe Finder at <http://foodstamp.nal.usda.gov/recipes.php>.

For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>