

# Banana Pancakes with Apple Topping

Rating: ★★★★★

Makes: 6 servings

## Ingredients

- 2 egg
- 1 1/2 cups milk (1%)
- 1 tablespoon honey
- 3 tablespoons oil
- 3/4 cup whole wheat flour
- 3/4 cup flour (all purpose)
- 2 teaspoons baking powder
- 2 bananas
- 3 apples
- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 1/4 cup water

## Directions

1. Beat eggs. Beat in milk, honey and oil.
2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	9 g	
Carbohydrates	55 g	18%
Dietary Fiber	5 g	20%
Saturated Fat	NA	
Sodium	NA	

golden on both sides. Place pancakes on a platter and keep warm.

7. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

Apple Topping:

1. Wash apples, remove cores, and slice thinly with peel still on.

2. Combine apples with the sugar, cinnamon, and water.

3. Cook in skillet for 10 minutes and spoon on top of pancakes.

## Notes

Infants 12 months and under should NOT be given honey.

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