



# Banana Flax Pancakes

Serves 12

You will need: 2 medium bowls, whisk, fork, knife, cutting board, large saute pan, spatula

Ingredients	Action
1 cup ground flaxseed 1 cup all-purpose flour 1 tablespoon baking powder 1 tablespoon sugar ½ teaspoon salt 1 ½ cups skim milk 2 eggs 1 teaspoon vanilla extract	1. In a medium bowl, combine the flaxseed, flour, baking powder, sugar, and salt. In another medium bowl, combine the milk, eggs, and vanilla extract.
1 ¼ cup bananas	2. Make a well in the dry ingredients bowl and slowly add the wet ingredients to the dry while whisking. Mash or slice the bananas and add to the mixture.
	3. Preheat a large saute pan or griddle to medium heat. Lightly coat with cooking spray and place 1/4-cup scoops of batter in the pan. Due to the heaviness of the flaxseed, pancakes may take a longer time to cook through. Lower heat, if necessary.

Shopping list:

- Ground flaxseed
- Bananas

Check for:

- All-purpose flour
- Sugar
- Skim milk
- Vanilla extract
- Baking powder
- Salt
- Eggs

Nutrition Analysis per serving: 130 calories, 5g fat, 1g saturated fat, 5g protein, 17g carbohydrates, 5g sugar, 3g fiber, 201mg sodium