

HEALTHIER TRADITIONS COOKBOOK™

quick & easy



PREP 5 min COOK 5 min

10 min

Ingredients

1 large ripe banana 2 large eggs, lightly beaten

OPTIONAL FLAVORINGS

1 tablespoon cocoa powder 1⁄4 teaspoon vanilla extract 1/4 teaspoon cinnamon 1⁄4 teaspoon cardamom ¹⁄₄ teaspoon ginger 1/2 teaspoon butter

TOPPINGS

1/4 cup chopped nuts sliced apples berries maple syrup honey cinnamon

- 2
- 6

Nutrition Facts: 276 calories, 10g fat, 3g saturated fat, 146mg sodium, 34g carbohydrate, 4g fiber, 19g sugar, 15g protein

TOTAL

YIELD 1 serving

Directions

In a small bowl, peel and mash banana with a fork into a pudding-like consistency.

Add eggs and flavorings, if desired. Stir to combine.

Melt 1 teaspoon butter or mild cooking oil in a pan over medium heat. When pan is hot, add batter to reach desired size and let cook for 1 minute. The edges will look browned while the center will still look loose.

4 Sprinkle with toppings, if desired.

Gently flip the pancakes and cook about 1 more minute, until lightly browned on both sides.

Cook remaining pancakes until all batter is used. Serve warm.