



# Banana Pancakes



Adapted from *Grace*

## Ingredients



- 2 bananas, mashed
- 1 cup low-fat or non-dairy milk
- 1 cup whole wheat flour
- 1 Tbsp. baking powder
- 1/4 tsp. salt
- 1 tsp. cinnamon (optional)



## Directions



**Yield:** 5 servings **Serving size:** 3 pancakes

**Total cost:** \$1.35 **Serving cost:** \$0.27

1. Whisk all ingredients together in a small bowl with fork.
2. Lightly coat a large skillet with oil. Heat to medium heat.
3. Once hot, scoop 1/4 cup batter onto skillet. Flip once bubbles begin to appear on top. Cook on other side until cooked through and light brown in color.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Serve with fruit, pure maple syrup, honey, peanut butter, or jam.
- Try sprinkling chopped bananas, strawberries, apples, or berries on top of batter after pouring onto heated skillet.
- Add 1 tsp. vanilla to batter for extra flavor.

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>3 pancakes</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0.6mcg	<b>4%</b>
Calcium 182mg	<b>15%</b>
Iron 1.26mg	<b>8%</b>
Potassium 423mg	<b>8%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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