



Banana Pancakes



Start to finish time: 25 minutes

Number of servings: 6

Nutrition Facts

Serving size 2 pancakes

Amount per serving
Calories **284**

% Daily Value*

Total Fat 4g	5 %
Saturated Fat 1.7g	8 %
Trans Fat 0g	
Cholesterol 69mg	23 %
Sodium 822mg	36 %
Total Carbohydrate 53g	19 %
Dietary Fiber 2.1g	8 %
Total Sugars 17g	
Includes 8g Added Sugar	16 %
Protein 8.9g	
Vitamin D 1mcg	5 %
Calcium 156mg	12 %
Iron 2.4mg	13 %
Potassium 319mg	7 %

* 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.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 2 cups all-purpose flour (or whole wheat)
- ¼ cup brown sugar
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 bananas (mashed)
- 2 eggs
- 1 ½ cup milk
- 1 teaspoon vanilla
- ½ teaspoon butter or oil for cooking

Optional Ingredients:

- 2 bananas (sliced)
- Sprinkle of cinnamon or favorite spices

DIRECTIONS:

1. Gather and prepare ingredients.
2. In a medium bowl, add the flour, brown sugar, baking powder and soda, and salt. Mix until well combined.
3. In a large bowl, add the bananas (or mash them in the bowl), eggs, milk, and vanilla. Mix well with a whisk.
4. Add the dry ingredients to the wet and mix gently until just combined. You do not want to overmix the batter, if there is a few pockets of flour, that is ok.
5. While the batter rests, heat a large non-stick pan over medium heat. Once warm, add the butter or oil, then using a measuring cup or ladle, pour the batter onto the pan.
6. Cook until the batter starts to bubble and the edges look dry.
7. It is optional to add a few slices of banana on top of the batter while still wet.
8. Flip the pancakes and cook until both sides are golden brown.
9. Repeat until all the pancakes are done. See the extension notes for tips to make great pancakes.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

In a medium bowl, add the flour, brown sugar, baking powder and soda, and salt. Mix until well combined.



Step 3

In a large bowl, add the bananas (or mash them in the bowl), eggs, milk, and vanilla. Mix well with a whisk.



Step 4

Add the dry ingredients to the wet and mix gently until just combined. You do not want to overmix the batter, if there is a few pockets of flour, that is ok.



Step 5

While the batter rests, heat a large non-stick pan over medium heat. Once warm, add the butter or oil, then using a measuring cup or ladle, pour the batter onto the pan.



Step 6

Cook until the batter starts to bubble and the edges look dry.



Step 7

It is optional to add a few slices of banana on top of the batter while still wet.



Step 8

Flip the pancakes and cook until both sides are golden brown.



Step 9

Repeat until all the pancakes are done. See the extension notes for tips to make great pancakes.

SUBSTITUTIONS:

- Whole wheat flour can be used in place of all-purpose or use half and half for a whole wheat boost!
- You can use any type of fruit to top these pancakes with, like blueberries or strawberries instead of sliced banana.

MSU EXTENSION NOTES:

- A large skillet or griddle can be used for quicker cook time as more pancakes will be able to be cooked at once.
- Use a ¼ cup or 1/3 cup measure to place batter in the pan for uniform pancakes. If it is your first time making pancakes, use the ¼ cup measure for smaller pancakes, so they are easier to flip.

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