



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Banana Pancakes with Apple Topping

Makes: 6 servings

Kick your pancakes up a notch with fresh bananas and an apple topping. The whole wheat flour and the fresh fruit in the recipe add extra fiber to your breakfast.

Ingredients

2 eggs
1 ½ cups milk (1%)
1 tablespoon honey
3 tablespoons oil
¾ cup whole wheat flour
¾ cup flour (all purpose)
2 teaspoons baking powder
2 bananas
3 apples
3 tablespoons sugar
1 teaspoon cinnamon
¼ 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 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

Nutrients	Amount
Calories	325
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	65 mg
Sodium	215 mg
Total Carbohydrate	54 g
Dietary Fiber	5 g
Total Sugars	24 g
Added Sugars included	9 g
Protein	8 g
Vitamin D	1 mcg
Calcium	194 mg
Iron	2 mg
Potassium	404 mg

N/A - data is not available

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