



Pancakes



Ingredients

SERVES: 3 PANCAKES

- 1 medium ripe banana
- 2 tablespoons whole-wheat flour
- 1 large egg, lightly beaten

Directions

- 1.** Mash banana with a fork until smooth. Add flour and egg; stir well with a whisk.
- 2.** Heat a large nonstick skillet or griddle over medium-high heat. Spoon batter onto skillet, using one-third of batter for each pancake. Cook 2 minutes

or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 to 2 minutes or until bottoms are lightly browned.

OPTIONAL TOPPER:

2 tablespoons part-skim ricotta cheese, 1 teaspoon toasted walnuts, 1/4 cup blueberries, and 1 teaspoon honey.