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Banana Pancakes

1 cup whole wheat flour	1 teaspoon cinnamon
1 cup oat flour*	1 ripe banana, mashed
1 teaspoon baking soda	1 cup water
1 teaspoon baking powder	1 cup skim milk
1 tablespoon sugar	2 eggs

Combine flours, soda, baking powder, sugar, and cinnamon in a medium bowl. Stir well. In a large bowl, combine mashed banana, water, milk, and eggs. Mix well. Add dry ingredients to wet ingredients and stir just enough to combine to two and remove lumps. If batter is too thick, add a little more milk. Preheat a non-stick griddle or skillet and lightly coat with cooking spray. Pour ¼ cup batter into pan for each pancake. Cook until pancake starts to form bubble on top then turn and cook until golden brown. Serve immediately.

Yield: 12 pancakes

* *Don't have oat flour? You can make some by whirling some oats in the blender or food processor!*

Bananas are the perfect topping for cereal, yogurt, ice cream, pancakes, and waffles.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

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