

Whole Wheat Pancakes with Caramelized Banana Topping

Makes 3-4 Servings

Ingredients

- 2/3 cup milk
- 3 teaspoons white vinegar or fresh lemon juice
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 large egg
- 2 tablespoons syrup, plus more for serving
- 2 tablespoons butter
- 3 ripe bananas (1 mashed, 2 sliced)
- 1/2 teaspoon vanilla extract
- 2 teaspoons brown sugar

Directions

For pancakes:

1. Whisk together milk and vinegar, then set aside for about 10 minutes.
2. In a large bowl, mix flour, baking powder, cinnamon and salt.
3. In a separate bowl, whisk milk/vinegar mixture and egg together. Add 1 tablespoon melted butter, syrup and vanilla. Mash one banana and add to wet ingredients.
4. Add wet ingredients to dry ingredients, gently stirring (do not overmix).
5. Add a small amount of butter or non-stick spray to a pan over medium heat. Then add 1/3 cup batter to the pan and cook until small bubbles form, about 2-3 minutes. Flip pancake and cook 1-2 more minutes. Do the same with the rest of the batter.

For banana topping:

1. In a pan, melt 1 tablespoon of butter and mix in brown sugar over medium heat. Add in the sliced bananas and a sprinkle of cinnamon. Cook for 2-3 minutes, stirring often, until lightly golden brown.
2. Top pancakes with bananas and other toppings such as syrup or peanut butter.

Recipe from: Feeding Pennsylvania and PA Eats

