



Banana Pancakes

Bananas blended into the pancakes makes a delicious breakfast.

Yield: 9 to 10 four to five inch pancakes

Ingredients

- 1-1/4 cup Pamela's Baking & Pancake Mix
- 1 large egg (or egg substitute)
- 1 cup milk or water
- 2 TBSP melted butter (or shortening or oil)
- 2 or 3 very ripe or frozen bananas-thawed (approx. 3/4 cup)
- 1 tsp vanilla
- 1/4 tsp salt
- 1/4 cup walnuts-toasted and chopped (optional)

Directions

Put everything in the blender except pancake mix and walnuts. (An immersion blender in a deep bowl will also work.) Blend until well mixed. Add pancake mix and blend well, scraping down the sides of the blender jar to incorporate all the batter. Blend until smooth. It will seem very thick in the blender, but will mix easily with help of a rubber spatula, in-between blending.

Pre-heat non-stick pan or griddle to medium to low. Spray or lightly oil, then pour batter to make 4" pancakes. Sprinkle each pancake with 1 tsp. toasted nuts (optional). Cook until golden brown on low heat, about two minutes, you will see bubbles coming to the surface and popping, this is a hint they are almost done, then flip. Cook about another minute or two until other side is golden. Check the bottom of a pancake to see if done.

Spray or oil pan in between each set of pancakes. Repeat until all cakes are cooked.

Serve with maple syrup to really bring out the banana flavor. If you did not use the walnuts in your pancakes you can sprinkle some on top.

Chef's Notes: You can use very ripe bananas that have not been frozen, but make sure to smash them very well before using. These cook best on a non-stick surface. They get quite dark on a cast iron surface, but still taste great.

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