

Banana-Nut Pancakes

Printed from Pancake Recipes at <http://www.pancakerecipes.net/>

Traditional sweet and fluffy pancakes get a delicious makeover in this healthy recipe. Made with whole wheat flour, protein-rich flaxseeds, and fiber-rich bananas, this is one breakfast that is good enough to eat as a snack or dessert any time of day.

Ingredients:

1 cup whole wheat flour
¼ cup ground flaxseeds
¼ cup minced pecans
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon sea salt
1 cup buttermilk
¼ cup maple syrup, plus additional for serving
1 very ripe banana, mashed
1 tablespoon olive oil
Fresh fruit, for serving

Directions:

- 1) In a medium bowl, whisk together flour, flaxseeds, pecans, baking powder, baking soda, and salt. In a separate medium bowl, beat or whisk together buttermilk, maple syrup, and banana until smooth. Add wet mixture to dry mixture; stir until just mixed.
- 2) Heat oil in a large skillet over medium. Working in batches, add batter in ¼ cupfuls. Cook until bubbles form at the surface of the pancake, about 3 minutes; flip and cook until golden, an additional 3 minutes. Repeat with remaining batter.
- 3) Serve with maple syrup and fresh fruit.