

BANANA PANCAKES

TIP: The riper the banana, the sweeter your pancakes will be. Need to quickly ripen a banana? Put it in a brown paper bag. Is your banana ripening too fast? Take it off the bunch to ripen less quickly.

FUN FACT: Although not typically eaten in the United States, the banana peel is edible, and contains vitamin B6 which is important for brain development and B12 which is important for nerve function and energy.

ALL YOU NEED:

- 1 banana
- 2 large eggs



ALL YOU DO:

1. Using a fork, mash the banana in a bowl
2. Mix 2 eggs into the mashed banana and whisk together
3. Pour the batter into a lightly oiled pan, and cook until lightly brown on both sides
4. Optional: Add toppings (cinnamon, chocolate chips, peanut butter)

NUTRITION FACTS PER SERVING: SERVES 4

Calories: 90 kcal Total Fat: 4 g Carbohydrates: 10 g Protein: 5 g Fiber: 1 g