

RECIPE

Banana Pancakes

Adapted from thekitchn.com

Makes 2 servings

INGREDIENTS

- 1 very ripe banana
- 2 eggs, lightly beaten
- 1 teaspoon baking powder
- Butter or oil for cooking

1. In a bowl, mash the banana with a fork into a pudding-like consistency.
2. Add eggs and baking powder. Stir well to make a batter.
3. Heat a pan over medium heat. Melt butter or oil to coat the pan.
4. Drop batter onto the pan to make pancakes about 4 inches round.
5. Cook for 1 minute or until the bottom looks golden. Flip and cook until the other side is golden brown.

Nutrition Facts:

Nutrition Facts per serving: Calories 130, Fat 5g, Saturated Fat 2g, Sodium 315mg, Carbohydrates 15g, Fiber 2g, Protein 7g



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