

## Banana Pancakes with Apple Topping

**Makes:** 6 servings

**Total Cost:** \$2.86

**Serving Cost:** \$0.48

### Ingredients

2 units egg

1 1/2 cups milk (1%)

1 tablespoon honey

3 tablespoons oil

3/4 cup whole wheat flour

3/4 cup flour (all purpose)

2 teaspoons baking powder

2 units bananas

3 units apples

3 tablespoons sugar

1 teaspoon Cinnamon

1/4 cup water

### Directions

1. Beat eggs. Beat in milk, honey and oil.
2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm.
7. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

### Apple Topping:

1. Wash apples, remove cores, and slice thinly with peel still on.
2. Combine apples with the sugar, cinnamon, and water.
3. Cook in skillet for 10 minutes and spoon on top of pancakes.

### Nutrition Information

for 1/6 of recipe (252g)

#### Key Nutrients Amount % Daily Value

Total Calories NA

Total Fat NA

Protein 9 g

Carbohydrates 55 g 18%

Dietary Fiber 5 g 20%

Saturated Fat NA

Sodium NA

#### Nutrients Amount % Daily Value

Total Calories NA

Protein 9 g

Carbohydrates 55 g 18%

Dietary Fiber 5 g 20%

Total Sugars 25 g

Total Fat NA

Saturated Fat NA

Cholesterol 65 mg 22%

#### Minerals

Calcium 20%

Sodium NA

Iron 10%

#### Vitamins

Vitamin A 6%

Vitamin C 10%



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