

Whole Wheat Pancakes

(Makes 24 2-inch pancakes)

Six simple ingredients are all it takes to make these nutritious, whole grain pancakes. They are delicious with fresh fruit, unsweetened spreadable fruit, or maple syrup.

- 1 banana
- 1¼ cups fortified soymilk or rice milk
- 1 tablespoon maple syrup
- 1 cup whole wheat pastry flour or whole wheat flour
- 2 teaspoons sodium-free baking powder
- ¼ teaspoon salt
- fresh fruit, spreadable fruit or maple syrup for serving

In a large bowl, mash banana, then stir in milk and maple syrup.

In a separate bowl mix flour, baking powder, and salt. Add to banana mixture and stir until smooth.

Pour small amounts of batter onto a preheated non-stick, lightly oil-sprayed griddle or skillet and cook until tops bubble. Flip with a spatula and cook second side until golden brown, about 1 minute. Serve immediately.

Per pancake: 42 calories; 2 g protein; 9 g carbohydrate; 0.5 g fat; 1 g fiber; 37 mg sodium; calories from protein: 14%; calories from carbohydrates: 75%; calories from fats: 11%

Recipe from *Healthy Eating for Life for Children* by PCRM nutrition director Amy Lanou, Ph.D.

