

# Cinnamon Banana Pancakes

## INGREDIENTS:

2 large bananas, ripe to overripe  
2 eggs  
1 tsp. cinnamon  
1 tsp. baking powder  
½ c. skim milk or almond milk  
1 c. whole-wheat flour  
Maple syrup or fruit to serve

## DIRECTIONS:

In a bowl, add bananas. Lightly mash with a potato masher or a fork, but not too much. Leave small chunks of bananas to make fluffy pancakes. Add all remaining ingredients to banana mixture, mixing well. In a frying pan, cook pancakes over a medium-low heat. Use ½ cup of batter for each pancake and flip once edges get bubbly.

## NUTRITION:

Makes four servings. Each serving has 190 calories, 3 g fat, 9 g protein, 35 g carbohydrate, 4 g fiber and 50 mg sodium.