

Whole Wheat Banana Pancakes with Blueberry Syrup

Pancakes

Ingredients:

- 2 bananas
- 1 cup soft red winter wheat
- 1 cup nonfat milk
- 1 1/2 teaspoons vanilla extract
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg

Instructions:

1. Mash the bananas in a small bowl till lumpy, and set aside
2. In a medium bowl whisk together the flour, baking powder, and salt.
3. In a new small bowl whisk the milk, egg, and vanilla extract.
4. Slowly add the wet ingredients to the dry ingredients and mix well
5. Then fold in the mashed bananas
6. Use a ¼ cup of batter per pancake onto a heated skillet with cooking spray
7. Cook for 2-3 minutes per side, flipping once when bubbles appear on the surface.
8. Repeat until batter is finished

Nutrition Facts

Serving size: 2 pancakes

Servings: 6

Amount per serving

Calories 141

% Daily Value*

Total Fat 1.1g	1%
Saturated Fat 0.3g	2%
Cholesterol 28mg	9%
Sodium 131mg	6%
Total Carbohydrate 27.7g	10%
Dietary Fiber 1.6g	6%
Total Sugars 7.1g	
Protein 4.8g	
Vitamin D 3mcg	14%
Calcium 113mg	9%
Iron 1mg	7%
Potassium 364mg	8%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

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Blueberry Syrup

Ingredients:

- 1 ½ cup blueberries
- ½ cup water + 2 tablespoons water (separate)
- ¼ cup sugar
- 1 tablespoon cornstarch
- ½ teaspoon vanilla extract

Instructions:

1. In a medium saucepan add the blueberries, sugar and water over low/medium heat. Bring to a low boil till the blueberries are beginning to break apart. Stir occasionally and using the spatula to press the blueberries for a smooth syrup
2. Mix cornstarch and 2 tablespoons of water that was separate in a small bowl. Add into saucepan once the mixture is smooth. Make sure to mix in.
3. Put heat on low for 3-4 minutes and simmer till desired consistency.
4. Pour mixture into a separate bowl or serving dish and add vanilla extract then mix

Nutrition Facts

Serving size: 2 tablespoons

Servings: 12

Amount per serving

Calories 16

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0.2g	1%
Total Sugars 3.3g	
Protein 0.1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg 1%	
Potassium 8mg	0%

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