



Makes: 12 4-inch pancakes

Prep Time: 10 minutes Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients

For Pancakes:

- 1 & 1/2 cups all purpose flour, spooned into measuring cup and leveled off
- 2 tbsp sugar
- 2 & 1/2 tsp baking powder
- 1/2 tsp salt
- 1 small, over-ripe banana, peeled (the browner, the better)
- 2 large eggs
- 1 cup plus 2 tablespoons low fat milk
- 1/2 tsp vanilla extract
- 3 tbsp unsalted butter, melted

For Cooking:

- 1-2 tbsp vegetable oil
- 1 tbsp unsalted butter

For Serving:

- Maple syrup
- Sliced bananas
- Confectioners' sugar (optional)

Instructions

In a medium bowl, whisk together the flour, sugar, baking powder and salt.

In a small bowl, mash the banana with a fork until almost smooth. Whisk in the eggs, then add the milk and vanilla and whisk until well blended. Pour the banana mixture and the melted butter into the flour mixture. Fold the batter gently with a rubber spatula until just blended; do not over-mix. The batter will be thick and lumpy.

Set a griddle or non-stick pan over medium heat until hot. Put 1/2 tablespoon of butter and one tablespoon vegetable oil onto the griddle, and swirl it around. Drop the batter by 1/4-cupfuls onto the griddle, spacing the pancakes about 2 inches apart. Cook until a few holes form on top of each pancake and the underside is golden brown, about 2 minutes. Flip the pancakes and cook until the bottom is golden brown and the top is puffed, 1 to 2 minutes more. Using the spatula, transfer the pancakes to a serving plate.

Wipe the griddle clean with paper towels, add more butter and oil, and repeat with the remaining batter. Serve the pancakes while still hot with maple syrup, sliced bananas and confectioners' sugar if desired.

Freezer-Friendly Instructions:

The pancakes can be frozen for up to 3 months. After they are completely cooled, place a sheet of parchment or wax paper between each pancake and stack together. Wrap the stack of pancakes tightly in aluminum foil or place inside a heavy-duty freezer bag. To reheat, place them in a single layer on a baking sheet and cover with foil. Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

Recipe by Once Upon a Chef