



BANANA PANCAKES

BY NATALIE GRIFFITH

INGREDIENTS

- Whole Wheat Flour 1 Cup
- Baking powder 1 Tbsp.
- Cinnamon Powder ½ tsp.
- Fine Sea Salt ¼ tsp.
- 1% Milk 2/3 Cup
- Ripe Bananas, Mashed ½ Cup
- Large Egg 1 ea.
- Maple Syrup 2 Tbsp.
- Butter, Unsalted, Melted 2 Tbsp.
- Vanilla Extract ½ tsp.



EQUIPMENT

- MIXING BOWL
- NON-STICK SAUTE PAN
- BALLOOM WHISK
- SERVING PLATE
- TABLESPOON
- TEASPOON
- SPATULA
- MEASURING CUPS

METHOD



1 In the mixing bowl, Combine the flour, Baking Powder, Cinnamon & Salt. Whisk to blend



In another bowl, Combine the Milk, Mashed Bananas, Egg, Maple Syrup, Butter & Vanilla. Whisk until blended.



Pour the liquid mixture into the flour mixture and mixed just until combined

TIME TO COOK

- Using a 1/3 cup measuring cup, Scoop the batter onto the hot pan, leaving a couple of inches around each pancake for expansion.
- Cook until small bubbles form on the surface of the pancakes, 2 to 3 minutes. Flip the pancakes, then cook until lightly golden brown on both sides, 1 to 2 minutes more

ENJOY

- This pancake recipe was designed with the Diabetic in mind by Final Year Diabetic Student Natalie Griffith and Prepared by Chef Myles.
- The Diabetes Association of Barbados is an excellent resource for healthy food choice ideas as well as education for persons with, predisposed to, or caring for someone with Type 1 or Type 2 Diabetes.

"Jessamine Cot"

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