

BANANA PANCAKES

Serves: 5 (2 Pancakes each)

Ingredients:

- 1 cup whole-wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 tablespoon cinnamon
- 1/4 teaspoon sea salt
- 1 cup low-fat buttermilk
- 1 ripe banana
- 2 eggs

Toppings:

- 2/3 cup light whip topping
- 3 bananas, peeled and sliced
- 1/4 cup reduced-calorie pancake syrup
- 1 tablespoon powdered sugar

Directions:

- In a large bowl, combine the flour, baking powder, baking soda, cinnamon, and salt. Set aside.
- In a blender, mix the buttermilk, 1 ripe banana, and eggs until smooth. Blend the wet ingredients into the dry ingredients and mix until smooth.
- Heat a large skillet over medium heat, and coat with olive oil spray. Pour or scoop 1/4 cup of pancake batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until just browned on the other side. Repeat with remaining batter.
- To serve, place one pancake on a plate and top with 1 tablespoon of whip topping. Layer on a second pancake and top with an additional tablespoon of whip topping. Add sliced banana on and around the pancakes. Drizzle with syrup and dust with powdered sugar. Enjoy immediately while hot.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cutting, dicing, peeling and slicing - **ALWAYS** get your parents' help or permission



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