

Try it “Tuesdays”

Banana Berry Pancakes

Makes: 4 (2 pancakes) servings

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Nutrition Information per serving:

Calories 109

Carbohydrate 24 g

Dietary Fiber 2 g

Protein 2 g

Total Fat 1 g

Saturated Fat 0 g

Trans Fat 0 g

Cholesterol 3 mg

Sodium 182 mg

Ingredients

1 large banana, peeled and sliced

1 cup complete pancake mix

1/2 cup water

Nonstick cooking spray

Topping

1 cup unsweetened frozen strawberries, thawed and sliced

2 tablespoons orange juice

Directions

Place bananas in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended. Spray a large skillet with nonstick cooking spray and heat over medium heat. Pour 1/4 cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

To make the topping, spray a pan with nonstick cooking spray and heat over medium heat. Cook berries and orange juice for 3 minutes or until the berries are soft. Spoon topping over pancakes and serve.

For more information, Contact your local EFNEP office

