

Whole Wheat Banana Pancakes with Apple Topping (Serves 6-8)

Ingredients for pancakes:

- 2 eggs
- 1½ cups 1% milk
- 2 tablespoons canola oil
- 1 cup whole wheat flour
- ½ cup white flour
- 1¾ teaspoons baking powder
- 2 bananas, peeled and sliced

Ingredients for apple topping:

- 2 apples
- ½ teaspoon cinnamon
- 3 tablespoons water



Directions for apple topping:

- 1** Wash and core apples, and dice into pieces no larger than ½ an inch.
- 2** Combine apples, cinnamon and water in a small saucepan.
- 3** Cook on medium heat for 10 minutes, then allow to cool for a few minutes while you make the pancakes.

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Directions for pancakes: Children can help with steps 1-3

- 1** In a bowl, beat the eggs, milk and oil.
- 2** In a separate bowl, combine the whole wheat flour, white flour and baking powder.
- 3** Add the egg mixture into the flour mixture and add the bananas. Mix until all ingredients are combined, being careful not to over mix so that the pancakes will be fluffy.
- 4** Warm a frying pan or griddle over medium heat and lightly coat with non-stick cooking spray.
- 5** When the griddle is warm, pour $\frac{1}{4}$ cup of the batter for each pancake on the griddle.
- 6** Cook until the tops are bubbly and the pancakes are dry around the edges. Flip over and cook for 2-3 more minutes, or until golden brown.
- 7** Repeat steps 5 and 6 until all the batter has been used. You may need to use more cooking spray in between pancakes.
- 8** Spoon on the apple topping and enjoy!

