



Simple Banana Pancakes

Meal for One

Low Added Sugar - Whole Grain - Vegetarian

Servings: 2 pancakes

Prep Time: 5 minutes

Cook Time: 6 minutes

Ingredients

- 1 **banana**, ripe (soft)
- 2 Tbsp. **whole wheat flour**
- 1 **egg**
- **Cooking spray** (or 1 Tbsp. oil)

Directions

1. In a bowl, mash the banana with a fork. The riper your banana, the easier it will be to mash.
2. Whisk in the egg using a fork until well combined.
3. Whisk in the flour until just combined. Do not overmix.
4. Heat a nonstick skillet over medium heat. Spray with cooking spray and add the batter. Cook for 2-3 minutes per side. Flip pancake when bubbles appear and edges brown.