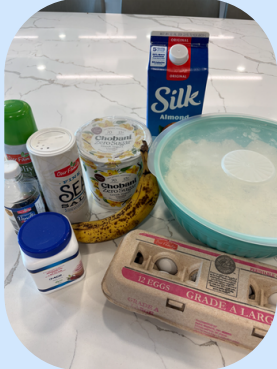


How To Make: *Banana Pancakes*



1 Gather Ingredients

You will need: Flour, 1 egg, milk, Greek yogurt, 1 banana, baking powder, salt, vanilla, cooking spray.



Tips!

- You can use whatever type of milk you have on hand.
- You can use plain or vanilla Greek yogurt, look for 0g of added sugar.

2 Mash Banana



Mash 1 ripe banana in a large bowl. It's best if the banana has some brown spots!

3 Add Wet Ingredients



Add & mix the following ingredients: $\frac{3}{4}$ cup Greek yogurt, $\frac{1}{4}$ cup milk, 1 egg, 1 tsp vanilla extract.

4 Add Dry Ingredients

Add & mix the following ingredients: 1 cup of all purpose flour, 2 $\frac{1}{2}$ tsp baking powder, 1 pinch of salt.



5 Cook!



Heat a pan on medium heat. (Adjust heat as needed). You can spray cooking oil or rub oil on the pan to prevent the pancakes from sticking.

6 Serve!



Serve pancakes plain or with toppings!

Topping ideas: Bananas, berries, cinnamon, maple syrup, peanut butter, Greek yogurt.

Nutrition Information: Makes 7 pancakes using $\frac{1}{3}$ cup of batter per pancake. Per 1 pancake: 110 kcal, 6g protein, 1g fiber. Adding nutritious toppings like the ones listed above can help add more protein and fiber!