

Fruit and Nut Pancake

Try this easy pancake recipe packed with whole grains for energy, plus fruit for extra tang.

Nutritional Info per serving (2 pancakes): 330 calories, carbs 57g, fat 8g, fiber 8g, protein 11g



Photo by Monika Grabkowska on Unsplash

Ingredients (makes eight 5-inch pancakes)

- 1 cup whole-wheat flour
- 1/2 cup rolled oats
- 1/4 cup sliced almonds, crushed walnuts or crushed pecans
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 2 medium bananas
- 1 cup non-fat or almond milk
- 1 egg
- 1 teaspoon almond extract
- 1 cup mixed frozen berries
- Vegetable oil cooking spray

Method¹

1. In a bowl, combine first 5 ingredients.
2. Mash 1 banana; in another bowl, mix mashed banana with milk, egg and almond extract.
3. Pour liquid ingredients into dry ingredients; stir until smooth.
4. Slice remaining banana and stir into batter; add berries.
5. Warm a skillet over medium heat; coat with cooking spray.
6. Measure 1/4 cup batter; pour onto skillet.
7. Cook until golden brown, 2 to 3 minutes per side.
8. Repeat until batter is gone.



¹ Recipe from Stephanie Clarke and Willow Jarosh on *epicurious*