

Banana Pancakes

Alberta Health Services recommends choosing foods with at least 2 grams of fibre per serving. This recipe makes it easy to do that because it uses higher fibre ingredients such as whole grain flour and fruit.



Ingredients:

3 cups	Whole wheat flour	750 mL
2 Tbsp	Granulated sugar	30 mL
2 Tbsp	Baking powder	30 mL
1 tsp	Salt	5 mL
2 medium	Eggs	2 medium
¼ cup	Canola oil	60 mL
3 ¼ cups	1% milk	810 mL
1 large	Banana, mashed	1 large

Directions:

1. Combine flour, sugar, baking powder and salt in a large bowl.
2. Beat eggs in a smaller bowl. Mix in oil and milk.
3. Add wet ingredients and banana to the flour mixture and stir.
4. Add extra 3–4 tablespoons (45–60 mL) of milk if batter is too thick.
5. Lightly spray a pan with non-stick cooking spray. Heat pan over medium heat. Pan is ready when drops of water bounce on it.
6. Drop batter by spoonful into hot pan. When bubbles appear and edges begin to dry, lift pancake with a spatula and turn to the other side.
7. Cook until middle of pancake is dry.
8. Serve hot.

Makes 24 - 4 inch pancakes (62 g)

Banana Pancakes

Nutrition Facts

Per 1/24 of recipe (1 - 4" pancake/ 62 g)

Amount	% Daily Value
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Calories 100	
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Fat 3.5 g	5 %
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Saturated 0.5 g	3 %
+ Trans 0 g	

Cholesterol 15 mg	
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Sodium 190 mg	8 %
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Carbohydrate 15 g	5 %
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Fibre 2 g	8 %
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Sugars 4 g	
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Protein 4 g	
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Vitamin A	20 %
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Vitamin C	0 %
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Calcium	5 %
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Iron	6 %
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Nutrient Claim

Amount per serving

Source of fibre	2 g
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Low in saturated fat	0.5 g
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Source of calcium	80 mg
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Source of magnesium	27 mg
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Source of folate	11 mcg
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Source of iron	0.7 mg
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Food Group

Food Guide servings per recipe serving

Vegetables and Fruit	0
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Grain Products	1 ½
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Milk and Alternatives	0
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Meat and Alternatives	0
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This is a Choose Most Often recipe (Grain Products) according to the Alberta Nutrition Guidelines.