

## Banana Pancakes

### Ingredients

$\frac{3}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup whole wheat flour  
2 ripe bananas, divided  
 $\frac{1}{4}$  cup rolled oats

2 eggs, beaten  
2 Tsp. granulated sugar  
1 cup low-fat (1%) milk  
2 tsp. baking powder  
3 Tbsp. canola oil

In a bowl, combine both types of flour, oats, sugar, baking powder, and salt.

In another bowl, mash one banana (a big fork or potato masher works well). Add eggs and stir to combine. Add milk and oil and stir to combine. Add liquid mixture to flour mixture and stir gently until just combined. Cut remaining banana into thin slices.

Lightly coat a nonstick skillet or griddle with nonstick cooking spray and heat to medium. When a drop of water sizzles when it hits the pan, it's ready. Pour one-quarter cup of batter into the skillet for each pancake. Cook until bubbles appear on top. Press three to four slices of banana into each pancake. When the bottom is golden, turn over and cook until insides are cooked through and pancakes bounce back with touched.

Per serving: 315 calories, 12 g fat