

Banana Flax Pancakes



TIPS:

1. **A Sturdy Spatula and Freshly Ripened Bananas:** Flipping these banana flax pancakes is the most difficult part of putting this recipe together - and it's not that hard to do at all - because there is no fat or oil added to the batter ingredients shown here. I, therefore, recommend using a sturdy spatula like the metal-bladed spatula shown here as well as...



...using freshly ripened bananas that are still slightly green and firm (left), not over-ripened and browned (right) as shown below. Over-ripe browned bananas make for a thinner batter that is almost impossible to flip in one piece in the pan.



2. **Versatility:** Like just about any recipe, this recipe is extremely versatile as you can substitute or supplement the ground flax with your favorite cereal, whole grain flour, nut or coconut flour, and more. You can use oil instead of butter for cooking to make the recipe entirely **vegan**. You can also use any other dried fruit either with or as a substitute for the raisins shown here. As always, imagination, taste, and nutritional needs are your only limits.

Preparation Time: 5 minutes

Cooking Time: about 7 minutes

Ingredients

(for one pancake)

1 Ripe Banana

Dash of Salt

1 Teaspoon Vanilla Extract

Ground Cinnamon

1 Tablespoon Ground Flaxseeds

Raisins (or any other dried fruit)

Butter or **Canola or Vegetable Oil**

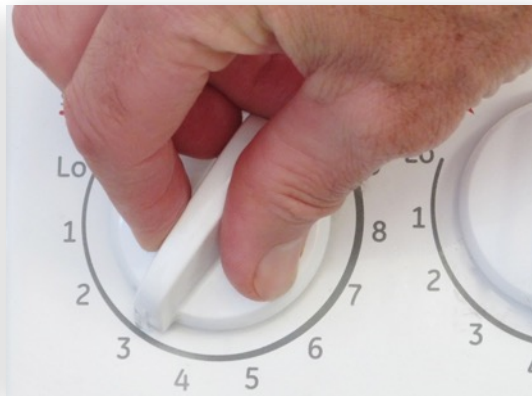


Equipment

10 Inch Frying Pan
Spatula
Table Knife
Fork
Tablespoon
Teaspoon
Bowl



1. Put the frying pan on the stove, and turn on the burner to MEDIUM-LOW heat.



2. While the pan warms, peel a **ripe banana**, break the **peeled banana** in half, and put it in a bowl.



Mash the **banana** coarsely with a fork until what you have looks about as shown in the picture below right.



3. Add **1 tablespoon ground flax**, a light dash of salt,...



...a shake of cinnamon, 1 teaspoon vanilla extract, and 1/2 handful of raisins.



4. Stir and mash the **ingredients** until they are well mixed together as shown in the photo on the right below.



4. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the stove heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep warming the pan until the water sizzles on contact.)



5. When the pan is warm enough to cook, add a **1/4 - 1/2 inch (6-12 mm) piece of butter** or **1 tablespoon of canola** or **vegetable oil** to the pan.



or



Swirl the **butter** or **oil** in the pan by holding the pan handle and rolling your wrist until...



...the pan surface is coated evenly with **melted butter** (left) or **oil** (right) as shown below.



or



6. Scoop the **banana flax batter** into the pan to and tamp it into pancake shape with a fork or spoon so that the **pancake** looks about as shown in the picture on the right below.



7. Cook for 2-3 minutes until the **bottom of the pancake**, when gently lifted with a spatula, has browned lightly.



When the **bottom of the pancake** has browned as shown above, slide a spatula under the **pancake**, and turn it over bottom-side up.

NOTE: Unless you're using a non-stick pan, the pancake will probably stick to the pan surface even with butter or oil in the pan. No problem. Just use short stabbing motions with the spatula blade pressed firmly to the pan surface to free the pancake from the pan surface.



8. Cook for another 2-3 minutes until the **bottom of the pancake**, when lifted again with a spatula,

is lightly browned as shown here.



9. When the **pancake** is fully cooked as shown above, use the spatula to slide under and lift the **cooked banana flax pancake** out of the pan onto a plate.



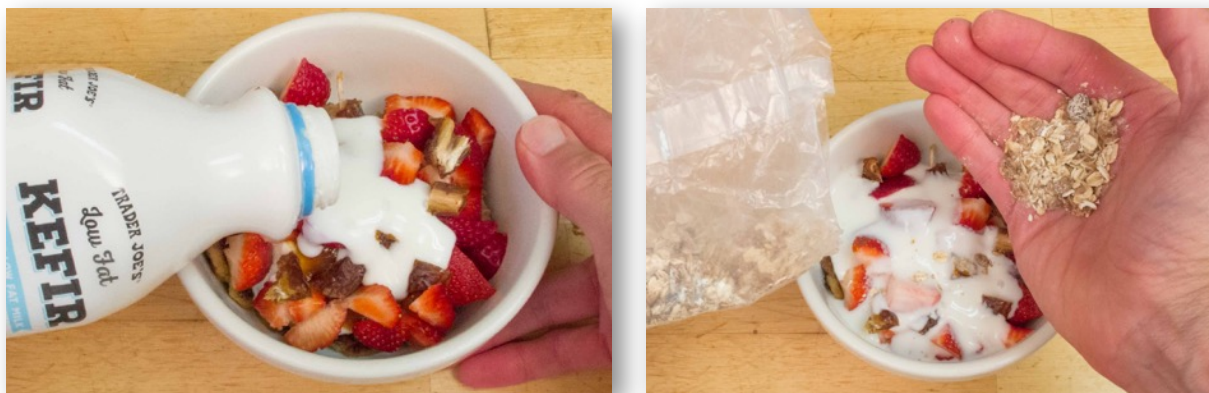
10. Serve warm with your **favorite toppings**. Here's one of my favorite ways to top **banana flax pancakes**. I start by putting the **banana flax pancake** in a bowl and then top with **almond butter, plain nonfat Greek yogurt,...**



...fresh fruit and dried fruit,...



...**a shot of low fat kefir** (yogurt-like fermented milk drink), and **1/2 handful of whole grain cereal**. so that what I have ends up looking about...



...like this.

