

Power Banana Pancakes



TIPS:

1. A Sturdy Spatula and Freshly Ripened Bananas: To make flipping these power banana pancakes as easy as possible, I 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 more difficult 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 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: 5-7 minutes

Cooking Time: 5-7 minutes

Ingredients (for one pancake)

1 Ripe Banana

1 Egg

Dash of Salt

1 Teaspoon Vanilla Extract

Ground Cinnamon

1 Tablespoon Ground Flaxseeds (can be substituted with your favorite flour)

Raisins (or any other dried fruit)

Butter (or 1 tablespoon of canola or vegetable oil)



Equipment

10 Inch Frying Pan

Spatula

Table Knife

Fork

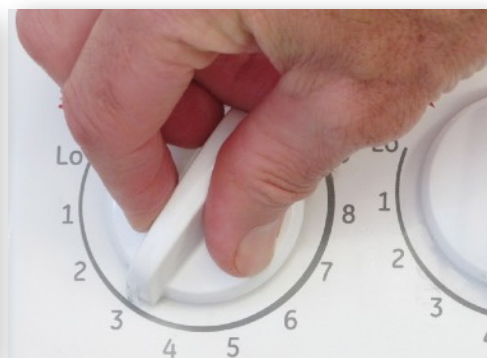
Tablespoon

Teaspoon

Bowl



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



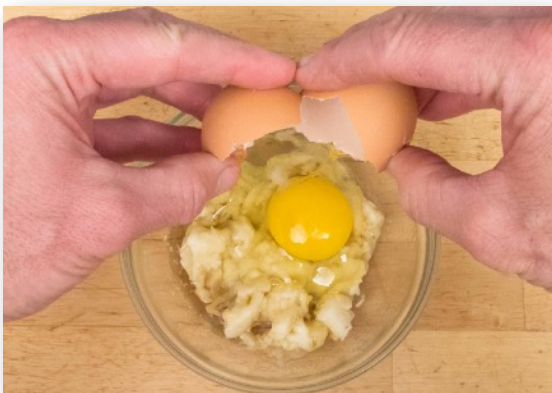
2. While the pan warms, peel a **ripe banana**, break the **peeled banana** in half, and put it in a bowl.



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



3. Add **1 egg**, a **light dash of salt**,...



...good shot (or 1 teaspoon) of vanilla extract, a shake of ground cinnamon,

...



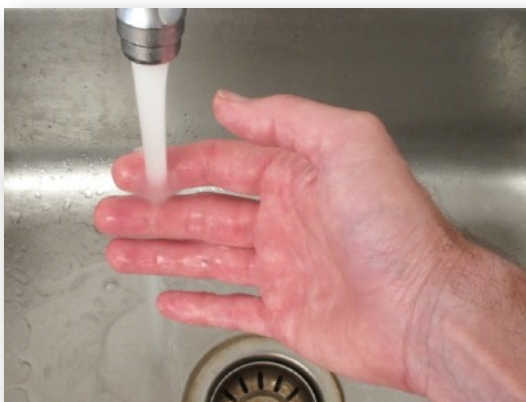
...about as much ground flaxseed as shown below (or 1 tablespoon), and 1/2 handful of raisins so that what you have looks similar to what you see in the third picture below.



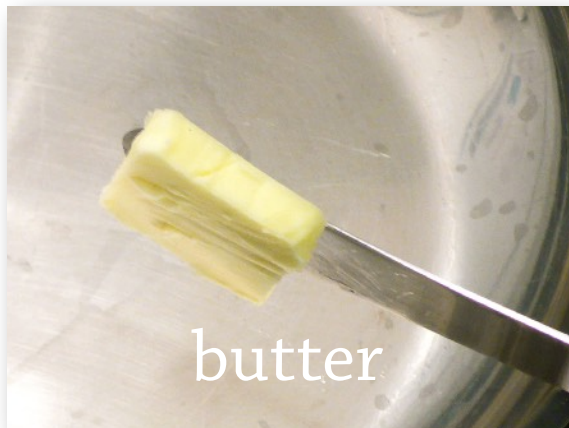
4. Stir and mash the **ingredients** until they are well mixed together as shown in the photo on the right below.



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 **power banana pancake batter** into the pan to and shuffle the pan forward and backward as shown in the picture on the right so that the **pancake batter** lays out evenly on the pan surface.



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.



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 power banana pancake** out of the pan onto a plate.



10. Serve warm with your **favorite toppings**.

Here's one of my favorite ways to top **power banana pancakes**. I start by putting a piece of **power banana pancake** in a bowl and then top with **almond butter**, **jam** (actually, fig butter here),...



...plain nonfat Greek yogurt, fresh fruit, a shot of low fat kefir (yogurt-like fermented milk drink),...



...dried fruit, and 1/2 handful of whole grain cereal so that what I have ends up looking about...



...like this.



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