

Wake Up to Deliciousness: Easy Banana Pancakes Recipe

buttermilk (or milk with 1 tablespoon vinegar added)



TIME
2-3 min

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INGREDIENTS

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup buttermilk (or milk with 1 tablespoon vinegar added)
- 1 large ripe banana, mashed
- 1 large egg
- 2 tablespoons melted butter (plus extra for cooking)
- 1 teaspoon vanilla extract

Instructions:

Prepare the Batter: In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. In another bowl, mix the buttermilk, mashed banana, egg, melted butter, and vanilla extract until well combined.

Combine Mixtures: Pour the wet ingredients into the dry ingredients. Stir gently until just combined; it's okay if there are a few lumps. Be careful not to overmix, as this can make the pancakes tough.

Heat the Pan: Preheat a non-stick skillet or griddle over medium heat. Add a small amount of butter to coat the surface.

Cook the Pancakes: Pour about 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges look set,

about 2-3 minutes. Flip and cook for another 1-2 minutes until golden brown.

Serve: Remove from the skillet and keep warm in a low oven while you cook the remaining pancakes.

Serve with maple syrup, fresh fruit, or a dollop of yogurt.

Nutritional Information (per pancake, makes about 6):

Calories: 120

Protein: 3g

Fat: 4g

Carbohydrates: 18g

Fiber: 1g

Sugar: 3g

Cooking Tips:

Ripe Bananas: The riper the banana, the sweeter your pancakes will be! Look for bananas with brown spots for the best flavor.

Buttermilk Substitute: If you don't have buttermilk, you can make your own by adding 1 tablespoon of vinegar or lemon juice to regular milk and letting it sit for 5 minutes.

Add-Ins: Feel free to mix in chocolate chips, walnuts, or blueberries for added flavor and texture.

Conclusion:

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15. Conclusion: These Fluffy Banana Pancakes are a delightful way to start your day, combining simplicity with deliciousness. We hope you enjoy making and eating them as much as we do! Let us know how your pancakes turned out, and don't forget to follow us for more tasty recipes!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/wake-up-to-deliciousness-easy-banana-pancakes-recipe/>