

centerpiece

BANANA PANCAKES

3/4 cup whole wheat pastry flour (or all purpose flour)
3/4 cup minus 2T all purpose flour
1 tablespoon cinnamon
2 teaspoons baking powder
1 1/2 teaspoon salt
1/2 cup sour cream or plain full fat yogurt
3/4 cup plus 1 tablespoon milk or soy milk
2 eggs
2 bananas, diced and lightly mashed
2 tablespoons wheat germ
2 tablespoons unsweetened shredded coconut
2 tablespoons finely chopped pecans
1 tablespoon brown sugar
1 tablespoon sugar
1 teaspoon lemon zest
extra bananas, sliced for serving

In a small bowl, mix wheat germ, coconut, pecans brown sugar, sugar and lemon zest. Set aside.

Sift flour, sugar, baking powder, salt and cinnamon in a medium bowl. In a larger bowl, mix yogurt, milk and eggs until smooth.

Add the dry ingredients to the wet and mix just until combined. Mix in diced, mashed bananas. Finally, fold in the wheat germ mixture.

Melt butter in a large skillet over medium heat. Ladle batter into the pan and cook for 3-4 minutes or until bubbles form and underside is golden brown. Flip and cook for another couple of minutes.

Serve with warm maple syrup, butter and extra bananas on top.

*recipe modified from Barefoot Contessa