



Dash  
of  
Wellness

# Banana Nut Pancakes

**I**  
**ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

5.3 oz. container banana flavored non-fat Greek yogurt (or 3/4 cup)	½ cup whole wheat flour
1 large egg, beaten	1 tsp. baking soda
1/3 cup skim milk	2 ripe bananas, sliced
	Chopped walnuts (optional)

## Directions

1. Wash hands with soap and water. Whisk together flour and baking soda in a small bowl.
2. Mix in egg, yogurt and milk with the dry ingredients.
3. Preheat a skillet over medium heat and spray with non-stick cooking spray. Scoop out ¼ cup of the batter per pancake.
4. Cook for 3 minutes or until golden brown, add a few banana pieces, and flip until other side is golden brown. Repeat with remaining batter. Top with walnuts if desired and enjoy! **Yield:** 7 pancakes

**Nutrition Facts** (per pancake not including walnuts): *100 calories, 1.5 grams fat, 200 milligrams sodium, 17 grams carbohydrate, 2 grams fiber, 4 grams protein*

*University of Illinois Extension provides equal opportunities in programs and employment.  
State • County • Local Groups • United States Department of Agriculture Cooperating*