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## Banana Berry Pancakes

Ready In: 20 minutes

Serves: 4

This recipe will become a family favorite. For different flavors, use fresh fruits, canned or frozen.

### Ingredients

- » 1 Banana *peeled and sliced*
- » 1 cup Pancake Mix *whole wheat*
- »  $\frac{1}{2}$  cup Water
- » 1 Nonstick Cooking Spray
- » 1 cup Strawberries *frozen, unsweetened, thawed and sliced*
- » 2 tablespoons Orange Juice







### What you'll need

- » Medium bowl
- » Sharp knife
- » Measuring spoons
- » Large skillet
- » Cutting board
- » Measuring cups
- » Spatula or spoon
- » Mixing utensil



Photo attribution: Paula Ramirez

### Directions

1.  Put the bananas in a medium-sized bowl and puree them with a fork.
2.  Add the pancake mix and water. Mix all the ingredients.
3.  Prepare a large skillet by spraying a light layer of cooking oil and place over medium heat. medium.
4. 
5. 
6. 

Add ¼ cup pancake batter per pancake on the hot skillet. Cook the pancakes completely on both sides for approximately 2 minutes per side.

To prepare the syrup, spray a skillet with cooking spray. Cook and heat over medium heat.

Cook berries and orange juice for 3 minutes or until berries are soft.

7.



Using a spoon, add the syrup to the pancakes and serve.

<b>Nutrition Facts</b>	
Serving Size 2.00 piece	
Serving Per Container 4	
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Amount Per Serving	
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<b>Calories 109</b>	
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	<b>% Daily Value*</b>
<b>Total Fat 1 g</b>	<b>1%</b>
<b>Sodium 182 mg</b>	<b>8%</b>
<b>Total Carbohydrate 24 g</b>	<b>9%</b>
Dietary Fiber 2 g	7%
<b>Protein 2 g</b>	
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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