

real food can.

MAKE IT YOURSELF!
Banana Pancakes



I N G R E D I E N T S

2 Bananas, peeled
1 Egg
3/4 Cup of Milk
1 Tbsp. Vegetable Oil
1 Cup of Pancake Mix

O P T I O N A L

1/2 Cup of Raisins
1/2 Teaspoon Cinnamon

Recipe courtesy of jsyfruitveggies.org

1. Mash bananas in a bowl.
2. Stir in egg, milk, and oil.
3. In another bowl, combine pancake mix, raisins, and cinnamon.
4. Add pancake mix to banana mixture. Stir until moist.
5. Lightly grease a frying pan. Heat frying pan over medium high heat.
6. Pour 1/4 cup batter onto frying pan.
7. When bubbles appear on the surface, flip the pancakes and brown the other side.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

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