

# Banana, Chocolate Chip and Blueberry Pancakes

Makes 6 (175 calories each)

Our daughter-in-law, Denise Preston, made these for us, her husband Derek, and our grandchildren, Carter and Molly. She adds ground flax powder to the mix to give them more protein. I use regular flax seed, less banana, and some blueberries.



After our granddaughter Alexis visited, I had some leftover almond flour. I added it to the whole wheat and added more regular flour.

## Ingredients:

- 1 egg
- 1/2 cup milk
- 1/2 banana
- 1/4 cup blueberries
- 1/2 tsp. vanilla extract
- 1/8 cup (2 Tbsp.) almond flour
- 1/2 cup flour
- 1/8 cup whole wheat flour
- 1/2 Tbsp. sugar
- 1 tsp. baking powder
- 1/8 tsp. salt
- 1 Tbsp. flax seed
- 2 Tbsp. high-quality chocolate chips
- Non-stick spray

## Equipment:

- Griddle or large fry pan
- Sifter or sieve

### Banana, Chocolate Chip Pancakes:

☑	Directions	Time (min)	
	Preheat griddle		
	In a medium bowl, lightly beat an egg	1	10
	Peel and cut 1/2 a banana into 1/2" chunks	2	
	Combine egg, 1/2 cup milk, 1/2 banana, 1/4 cup blueberries, and 1/2 tsp. vanilla extract	3	
	Whisk together 1/2 cup flour, 1/8 cup almond flour, 1/8 cup whole wheat flour, 1/2 Tbsp. sugar, 1 tsp. baking powder, 1/8 tsp. salt.	3	
	To the flour, add 1 Tbsp. flax seed and 2 Tbsp. chocolate bits		
	Stir the wet ingredients into the dry ingredients with a minimum amount of stirring	1	
	Using a paper towel, wipe griddle with vegetable oil	1	
	Pour 1/4 cup of batter per pancake onto grill	1	
	When bottom is brown (top may still be wet), flip pancakes.	2	
	Cook until second side is brown. Serve hot.	2	
	Total		16 min