



BUSTLING BREAKFAST RECIPES

by *Cynthia Lair*

Buttermilk Banana Pancakes

Buttermilk is a cultured dairy product that is easy to digest and actually quite low in fat! It adds a rich flavor to pancakes. For a dairy-free version substitute soy milk with 1 tablespoon lemon juice added to it.

1 egg
1 1/2 cup dry whole-grain pancake mix
1 cup buttermilk
1/2 cup water
1 ripe banana
Oil for griddle

Separate egg, pour egg white in one bowl and yolk in another. Beat egg white until stiff peaks form. Set aside. In a large bowl, combine egg yolk, dry mix, buttermilk, and water. Mix thoroughly with a whisk. Cut banana into thin slices. Add egg white and bananas to batter and gently fold in.

Heat griddle to medium-high and coat surface with small amount of oil. Pour enough batter onto griddle to form a 5-inch diameter pancake. When pancake has cooked on the bottom, flip with a spatula and cook the other side. Keep cooked pancakes in a warm oven until ready to serve.

Preparation time: 25-30 minutes

Makes: 10 five-inch pancakes

FOR BABIES 6 MONTHS AND OLDER: Reserve some ripe banana. Mash and serve.

VARIATION FOR CHILDREN: Put batter in a squeeze bottle and squeeze batter onto griddle in shapes of initials, age of child, animals.