



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Banana Buttermilk Pancakes (with pecans and vanilla bean)

Serves 4

1 cup all purpose flour
1 cup white whole wheat flour
1/4 cup firmly packed brown sugar
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/2 cup coarsely chopped pecans

1 cup mashed banana (about 2 small or 1 large)
Seeds from 1 vanilla bean, or 1 1/2 tsp vanilla extract
About 1/4 tsp freshly grated nutmeg
1 1/2 cups buttermilk
1 egg
3 Tbsp vegetable oil

In a large mixing bowl whisk together the dry ingredients and nuts.

Whisk together the banana, vanilla, nutmeg, buttermilk, egg and oil. Add the wet ingredients to the dry, mixing just until it's all combined. Don't beat the batter too much, lumps are fine.

Cook on a hot griddle using a 1/3 cup measure to scoop out even amounts of batter. If your batter gets too thick just add more buttermilk.

Cook's Note: You could use regular whole wheat, or oat flour in place of the white whole wheat flour in these.

Credit: theviewfromgreatisland.com