

Whole Grain Banana Pancakes

Makes 12 pancakes, serves 4 to 6

This is a basic buttermilk pancake recipe, but it uses some whole wheat flour and wheat germ to make it a little more nutritious. You can play with this as you wish — leave out the bananas or add another fruit, or sprinkle tops with a little extra wheat germ before flipping to get a toasty, nutty exterior.

1 cup all-purpose flour
½ cup whole wheat flour
2 tablespoons wheat germ, + extra if desired
1 tablespoon baking powder
2 tablespoons sugar
½ teaspoon kosher salt
1 cup buttermilk
½ cup whole milk
3 eggs
1 teaspoon vanilla
4 tablespoons butter, melted and cooled, + more for greasing the skillet
2 bananas or other fruit of choice

Instructions: Whisk together the two flours, wheat germ, baking powder, sugar and salt in a large bowl. In a separate bowl or measuring cup, whisk together the buttermilk, whole milk, eggs and vanilla. Gently stir the wet ingredients into the dry with a whisk or fork, breaking up lumps as you go but taking care not to overmix. Gently fold in the 4 tablespoons melted butter.

Preheat a skillet or griddle over medium-high heat until a drop of water sizzles and evaporates when it hits the surface. Add enough butter to coat the bottom. Drop pancake batter by 1/3 cup mea-

surements onto the hot surface. Cook about 2 minutes on one side, adding thin slices of banana or a fruit of choice to the top. If desired, sprinkle a little wheat germ over the surface of the pancakes. Gently flip, and continue to cook for another 2 minutes without pushing down on the pancakes.

Serve the hot pancakes with maple syrup.

Per serving: 308 calories, 10 g protein, 42 g carbohydrate, 12 g fat (6 g saturated), 131 mg cholesterol, 508 mg sodium, 3 g fiber.

XNIP code: C9EH