



Banana Berry Pancakes

This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings. 2 pancakes per serving.

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray

Topping

- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tablespoons orange juice

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
2. Cook berries and orange juice for 3 minutes or until the berries are soft.
3. Spoon topping over pancakes and serve.

Nutrition information per serving: Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg