

# Banana nut whole wheat pancakes

Our Banana Nut Whole Wheat Pancakes are full of whole-grain goodness with lots of protein, thanks to the addition of wheat bran. Try making this recipe with your family for the perfect breakfast option this weekend.

## Ingredients

- 1 cup (250 ml) whole wheat flour
  - 2/3 cup (160 mL) wheat bran
  - 1/2 tsp baking powder
  - 2 tbsp (30 ml) granulated sugar
  - 1/4 tsp salt
  - 1 cup cottage cheese
  - 4 eggs
  - 1/3 cup milk
  - 1/2 tsp vanilla
  - 1 tsp soy oil
- Toppings
- Sliced banana
  - A handful of pecans or walnuts
  - 1 tsp of honey

## Directions

1. Add flour, wheat, baking powder, sugar and salt in a mixing bowl. Mix well.
2. In a separate bowl, stir together cottage cheese, eggs, milk, vanilla and soy oil.
3. Stir wet ingredients into dry ingredients until well mixed. Add small amounts of milk if too thick.
4. Heat a frying pan over medium heat and add a spoonful of pancake mixture to the heated frying pan.
5. Cook until golden brown on both sides.
6. Top with sliced bananas, pecans or walnuts, finish with a drizzle of honey.

## GrainFact:

Using a combine, it takes a farmer only 9 seconds to harvest enough wheat to make over 70 loaves of bread.



Yield: 8 - 10 pancakes  
Prep time: 10 minutes  
Cook time: 10 minutes



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