Banana-Ginger Pancakes

Source: Get Healthy, Go Vegan by Neal Barnard, MD; recipe by Robyn Webb

These delightfully spiced pancakes are full of flavor and are a hearty option for breakfast or brunch.

About the Recipe

268 Calories · 8.6 g Protein · 7.1 g Fiber
Breakfast
Nut-free

Ginger has antioxidants that may help protect against cancer.

Ingredients

Makes 4 Servings

- 1 1/4 c (171 g) whole-wheat pastry flour
- 2 tsp (10 mL) baking powder
- 1 1/2 tsp (7.5 mL) ground ginger
- 1/4 tsp (1.2 mL) iodized salt
- 2 tbsp (30 mL) agave nectar
- 1 1/4 c (300 mL) vanilla low-fat, nondairy milk
- 2 tbsp (30 mL) unsweetened applesauce
- 1 tsp (5 mL) vanilla extract
- 1 c mashed bananas (about 2 bananas)
- to taste vegetable oil cooking spray (optional) **optional*

Directions

1. In a medium bowl, combine the flour, baking powder, ginger, and salt.
2. In another bowl, combine bananas, agave nectar, nondairy milk, applesauce, and vanilla. Whisk together.

3. Add the liquid to the flour mixture. Mix until just combined (the batter will be lumpy).
4. Heat a large skillet over medium heat, then coat with cooking spray, if desired.
5. Pour 1/4 c (60 mL) of batter onto the hot skillet.
6. The pancake is ready to flip when tiny bubbles appear on the top and burst, and the pancake is lightly browned on the edges. Flip the pancake and cook for about 1-2 minutes, until the underside is lightly browned. Adjust your heat so that the pancakes cook for about 1-2 minutes per side.

Nutrition Facts

Per serving, 3 pancakes

Calories: 268

Fat: 2.2 g

Saturated Fat: 0.4 g

Calories From Fat: 6.9%

Cholesterol: 0 mg

Protein: 8.6 g

Carbohydrate: 57.4 g

Sugar: 16.7 g

Fiber: 7.1 g

Sodium: 442 mg

Calcium: 267 mg

Iron: 3.2 mg

Vitamin C: 5.3 mg

Beta-Carotene: 19 mcg

Vitamin E: 1.6 mg