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

- whole-wheat pastry flour (1 1/4 cups)
- baking powder (2 tsp.)
- ground ginger (1 1/2 tsp.)
- salt (1/4 tsp.)
- agave nectar (2 tbsp.)
- vanilla soy milk (1 1/4 cups)
- unsweetened applesauce (2 tbsp.)
- vanilla extract (1 tsp.)
- mashed bananas (1 cup)
- vegetable oil cooking spray (to taste)

Directions

1. In a medium bowl, combine the flour, baking powder, ginger, and salt.
2. In another bowl, combine the agave nectar, soy milk, applesauce, and vanilla.
3. Add the liquid to the flour mixture. Mix until just combined (the batter will be lumpy).

4. Add the bananas.

5. Heat a large skillet over medium heat, then coat with cooking spray.

6. Pour 1/4 cup (60 milliliters) of batter onto the hot skillet.

7. 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