



## Banana Pancakes

Makes 2 pancakes, about 4" in diameter.

### Ingredients:

1/4 cup (35g)	1	<i>Country Sunrise All Purpose Baking Flour*</i>
1/2 tbsp	(14g)	<i>Country Sunrise Scrambled Egg and Omelet Mix*</i>
2 tsp		Brown sugar
2 tsp		Oil
1 tsp		Baking powder
1/8 tsp		Salt
1/4 tsp		Nutmeg
1/4 tsp		Cinnamon
1		Banana, ripe
1/4 cup		Water



### Preparation:

1. Preheat greased skillet (about 300° F).
2. Mash banana well with fork in a medium bowl.
3. Add the remaining ingredients to the bowl with banana.
4. Stir with fork just until all ingredients are mixed, do not over- mix.
5. Immediately measure 1/3 cup batter onto skillet per pancake.

### Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe	56
Per Pancake	28

\* PKU Perspectives