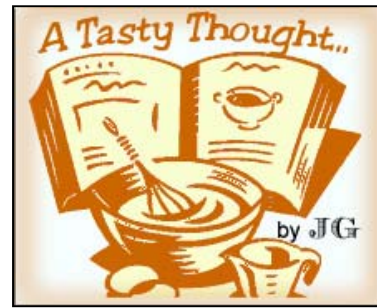


A Recipe compliments of



TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD



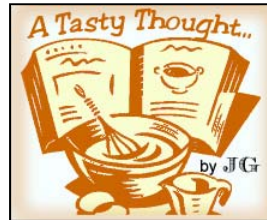
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Banana Cornmeal Pancakes

Yield: About 10 pancakes

Ingredients:

- 1 pkg. "Jiffy" Corn Muffin Mix
- 2 Egg whites (or 1 whole egg)
- 2 Tbsp. liquid vegetable oil
(I use extra virgin olive oil.)
- $\frac{3}{4}$ cup milk (can be soy milk)
- $\frac{1}{2}$ tsp. cinnamon
- 3 – 4 ripe bananas



Method:

1. Blend all ingredients except bananas. A whisk works well. The batter will be slightly lumpy.
2. Pour about $\frac{1}{4}$ cup batter on hot griddle. (The griddle is hot when a few drops of water "dance" on the surface.)
3. Cut 1 banana into slices about $\frac{1}{4}$ " in thickness. Place a few banana slices on each pancake.
4. Turn pancakes over when bubbles form on edges and the pancakes are golden on underside.
5. Remove from griddle when the side containing bananas is golden and place pancakes on individual breakfast plates with bananas facing upward.
6. Enjoy!!! Maple syrup is not needed!
7. Repeat with remaining batter & bananas.

