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### BANANA-BUTTERMILK PANCAKES

Makes 8; Prep time: 20 minutes; Total time: 40 minutes

*Rather than stirring the banana slices into the batter, we added them to the pancakes in the pan; this way they are evenly distributed and hold their shape.*

- 1/2 cup whole-wheat flour (spooned and leveled)
- 1/2 cup all-purpose flour (spooned and leveled)
- 3 tablespoons light-brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup buttermilk
- 1 large egg, lightly beaten
- 1 1/2 tablespoons unsalted butter, melted
- 2 teaspoons vegetable oil
- 1 large ripe banana, thinly sliced
- maple syrup and chopped walnuts, for serving (optional)

1. Preheat oven to 250°. In a large mixing bowl, combine flours, sugar, baking powder, baking soda, and salt. Whisk in buttermilk, egg, and butter until batter is well combined and free of lumps.
2. In a large nonstick skillet over medium heat, swirl oil to coat bottom of pan. Working in batches, add batter in 1/4-cup portions; cook until golden brown and tiny air bubbles form evenly on top, 2 to 5 minutes.
3. Top with banana slices, dividing evenly; flip pancakes, and continue cooking until slightly puffed, 2 to 5 minutes (reduce heat if browning too quickly). Transfer to a baking sheet; keep warm in oven while you cook remaining pancakes.
4. Serve pancakes with maple syrup and walnuts, if desired.

**Note:** Nutritious whole-wheat flour, made from ground whole-wheat kernels, gives the pancakes a chewier texture and richer taste. Store, in a resealable plastic bag or storage container, in the freezer.