

## Good Morning Banana Pancakes

*Spice up your pancakes with a  
healthy dose of fruit!*



### Ingredients:

- Pancake mix
- 1 ripe banana (NOT green)
- Syrup, Fruit, Whipped Cream, Chocolate Chips, Butter, Peanut Butter (if desired)

### Directions:

1. Choose one or two bananas (preferably ripe ones) to mix into the pancake batter and/or to add on top of the pancakes
2. Grab the pancake mix from the fridge underneath stir fry ingredients
3. Make sure you are at the pancake grill (see signage)
4. Spray grill
5. Combine banana with pancake mix in a bowl, if desired
6. Cook until both sides of the pancake are golden brown
7. Have a plate ready for the finished pancakes
8. Add topping to the pancakes if desired
9. Enjoy!

*Per Serving: (2 pancakes)*

*Calories: 338*

*Protein: 4.1 g*

*Fat: 1.3 g*

*Carbohydrates: 81.8 g*

*Fiber: 4.1 g*

*\*using syrup – if other  
“desired” items are added,  
numbers will vary*

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