

INGREDIENTS FOR 6 SERVINGS

- 2 Cups Whole Wheat Pancake Mix
- 2 Bananas, Smashed
- ½ Cup Old Fashioned Oats
- 1 Teaspoon Cinnamon
- 1 ¾ Cups Applesauce
- 1 Cup + 3 Tablespoons Milk
- 3 Tablespoons Oil
- 1 Egg or 2 Ounces of Egg Substitute
- 2 Tablespoons Butter



PREPARATION

Heat a large skillet or griddle to medium heat. In medium to large bowl add two bananas and smash down with a fork. Add the remaining ingredients except butter. Stir until combined, do not over mix. Just before cooking add butter to the griddle. Scoop pancake batter by ¼ cupfuls onto the cooking surface and cook until bubbles start forming on the top of the pancakes. Turn and cook until the second side is golden brown. Serve immediately with your favorite toppings.