

Walnut & Banana Pancakes with orange butter

makes 10 servings

INGREDIENTS

1 1/2 cups whole wheat flour
3 tbsp sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 1/2 cups buttermilk, shaken well
2 tbsp unsalted butter, melted - plus extra to butter the griddle or pan
2 large eggs, slightly beaten
1 tsp vanilla
1 large ripe banana
1/2 cup walnuts, chopped & toasted

for the orange butter

1/2 stick unsalted butter, softened
1/2 tsp orange zest, finely grated
1 1/2 tsp Tropicana Pure Premium Orange Juice
pinch salt

DIRECTIONS

for the pancakes

1. Whisk together the flour, sugar, baking powder, baking soda & salt in a medium mixing bowl.
2. In another bowl, whisk together the buttermilk, 2 tbsp melted butter, eggs & vanilla in a large bowl until smooth.
3. Slowly add the flour mixture to the eggs and whisk until just combined.
4. Cut the banana into small pieces and along with the walnuts fold into the pancake batter. NOTE: the batter will be very thick.
5. Brush a non-stick skillet or griddle with some melted butter and heat over medium heat until hot being careful not to burn the butter. NOTE: you can use non-stick cooking spray in place of butter.

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DIRECTIONS *continued*

6. Place the pancake batter into a pitcher with a spout lip, it will make the batter easier to control while pouring into the pan or onto the griddle.
7. Working in batches, pour a bit of the batter into the pan or griddle (use about 1/4 cup per pancake). Be careful to not overcrowd the pan.
8. Cook until bubbles start to appear on the top of the pancake then flip and cook the other side until it is golden brown, about 1 - 2 minutes. If your pan is too hot, the pancake will not cook completely and will burn, so be sure to monitor the heat and turn it down if necessary.
9. Transfer the cooked pancakes to a baking sheet pan and place in a warm oven until you are ready to serve.

for the orange butter

1. Stir all of the ingredients together in a medium mixing bowl until combined. Keep cool until you are ready to serve.

NUTRITION FACTS:

Pancakes: 182 calories; 8g fat (2g saturated fat); 23g carbohydrate; 7g protein
Orange Butter: 41 calories; 5g fat (3g saturated fat); 0g carbohydrate; 0g protein