



TIPS & TRICKS

Banana Pancakes

Nutrition

- The Dietary Guidelines for Americans recommends limiting the intake of sodium, saturated fat, and added sugars. The main source of added sugars in the American diet is sugar-sweetened beverages, but desserts are also a large contributor. Two of these pancakes only have 4 grams of added sugar, which is 8% of the daily value for added sugars based on a 2,000-calorie-a-day diet.
- Fruits, such as bananas, are sources of many essential nutrients that people do not get enough of, including potassium, dietary fiber, vitamin C, and folate.
- Pancake syrup is another high source of added sugars. Instead of using pancake syrup, get creative with toppings that are lower in added sugars such as different mashed or whole fruits, different flavors of yogurt, or peanut butter.

Cooking Tips

- These pancakes could include a variety of fruits to mix in for additional flavor. Try adding blueberries or chopped strawberries.
- If allowing younger ones to help with this dish, let them help by mashing the banana and mixing the batter.
- For pancakes that are the same size, use a measuring cup or cookie scoop to scoop out the batter.
- With all recipes, think about ways to change the dish that would make your family most likely to eat it. For this recipe, serve these with different toppings so each family member can customize their pancakes. Additional fruit, different flavors of yogurt, or peanut butter are all good options.



- These pancakes might need to cook a bit longer than regular pancakes. Each stovetop is different, so keep an eye and flip once you see bubbles on the surface.

Teaching

- Here is an introductory activity when demonstrating this recipe:
 - **Say/Ask:** Today's recipe features bananas. Just for fun, here is a true or false statement about bananas: The banana plant takes many years to grow but once it reaches maturity, it will grow many bunches of bananas. What do you think, is this true or false? (False. A banana plant grows very quickly—20 to 30 feet in one year! Each plant produces one bunch of bananas each year then dies.)

- Use this recipe when teaching the HCEB lesson Cooking is Healthy, which teaches preparing quick breads.
- Quick breads are also taught in the HCYRB lesson Cooking for Better Health, so use this recipe during that lesson.
- The FCS publication, FN-SSB.923 Quick Breads might be useful to share with participants.

• **Other reliable resources include:**

- USDA MyPlate: Fruits
<https://www.myplate.gov/eat-healthy/fruits>
- USDA SNAP-Ed Connection: Bananas
<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/bananas>

Sources:

- <https://www.myplate.gov/eat-healthy/vegetables>
- <https://ods.od.nih.gov/factsheets/VitaminC-Consumer>



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