



GO BANANA PANCAKES

ALL AGES

Try this simple and healthy recipe that will make you go bananas and will quickly become a household favorite for cooks (and eaters) of all ages!

LEARN TOGETHER

Cooking helps children practice measuring and following multi-step directions, which are important math and life skills!

MATERIALS

Ingredients

- 2 bananas
- Salt
- Cinnamon
- 4 eggs
- $\frac{3}{4}$ cup dairy (or dairy substitute) milk, yogurt, sour cream, or farmer's cheese
- Cooking oil or butter for pan
- Maple syrup (optional)

Cooking Supplies

- Large mixing bowl
- Medium-sized mixing bowl
- Fork or potato masher
- Whisk
- Ladle
- Large non-stick pan
- Spatula

MAKE TOGETHER

These pancakes are so easy to prepare! Follow these simple steps:

- 1 Place peeled bananas in a large mixing bowl.
- 2 Mash bananas using a fork or potato masher (It's ok to leave some chunky bits).
- 3 Add in cinnamon to taste along with a pinch of salt. Mix with a fork.
- 4 Whisk eggs in a medium-sized bowl and pour into your banana mixture.
- 5 Add in your dairy.
- 6 Mix so that everything is well distributed.
- 7 Heat oil/butter on medium heat in your pan.
- 8 When pan is hot, ladle in your mixture to make small-to-medium sized pancakes.
- 9 Flip when browned on one side.
- 10 Serve plain, with maple syrup, or your topping of choice!



For more fun activities, please go to
cmom.org/resources

