

Ingredients:

- 1 **egg**, beaten
- 3/4 cup **nonfat** or **1% milk**
- 1 + 1/2 teaspoons **sugar**
- 1 + 1/2 Tablespoons **oil**
- 1 **banana**, mashed
- 1/4 cup + 2 Tablespoons **whole-wheat flour**
- 1/4 cup + 2 Tablespoons **all-purpose flour**
- 1 teaspoon **baking powder**
- 1 cup low-fat **vanilla yogurt**

Makes: 8 pancakes (4-inch)

Directions:

1. Measure the egg, milk, sugar, oil and banana into a bowl. Mix well.
2. In a separate bowl, measure out flours and baking powder. Stir.
3. Add the dry ingredients to the wet ingredients. Mix gently. Set the batter aside as you prep your skillet.
4. Lightly spray a large skillet with nonstick cooking spray. Heat the skillet over medium-high heat.
5. Spoon 1/4 cup batter onto the griddle for each pancake. Cook until the top is bubbly and the edges are dry. Using a spatula, flip the pancake and cook it for 2 to 3 more minutes or until golden brown.
6. Place the cooked pancake on a plate. Repeat until pancakes for everyone in your cooking team are made. Turn off the stove.
7. Enjoy with a spoonful of low-fat vanilla yogurt on top.

