

Banana Walnut Pancakes

Fluffy and light golden vegan pancakes filled with morsels of banana and walnuts.

Ingredients

- 2 bananas
- 1 $\frac{3}{4}$ cup almond milk
- 1 tsp maple syrup
- 1 tsp vanilla
- 1 tsp almond extract
- $\frac{1}{2}$ cup apple sauce
- 1 cup all-purpose flour
- 1 cup white wheat flour
- 2 Tbsp baking powder
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ cup coarsely chopped walnuts
- Spray oil or vegan butter for griddle (optional)



Instructions

1. Preheat electric griddle to 350 degrees Fahrenheit.
2. Mash bananas in a large bowl.
3. Add the almond milk, maple syrup, vanilla, almond extract, and apple sauce and stir to combine.
4. In a separate bowl, whisk together the dry ingredients.
5. Pour the wet ingredients into the flour mixture.
6. Stir just until combined.
7. Allow the batter to rest 5 minutes.
8. Using a $\frac{1}{2}$ cup measuring cup, scoop batter and pour onto the hot griddle.
9. Allow to cook until the edges are dry and bubbles form on the center, about 3-4 minutes.
10. Flip over and wait another 3-4 minutes, until golden brown.
11. Remove from the griddle.
12. Serve with pure maple syrup.

Notes

You may substitute any non-dairy milk for the almond milk.

If you don't like the flavor of almond extract, simply use vanilla instead.