

# Sweet Potato and Banana Pancakes



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## Ingredients:

- 1 1/4 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon brown sugar
- 1/2 cup mashed baked sweet potato
- 1 egg
- 1 1/4 cups skim milk
- 1/2 teaspoon cinnamon
- 1 banana (diced)

## Directions:

1. In a medium bowl, mix together the flour, baking powder, salt and brown sugar.
2. Add the sweet potato, egg and milk, and mix until smooth.
3. Add the cinnamon. Stir in the diced banana.
4. Place a large pan over medium heat and spray lightly with cooking spray.
5. Drop large spoonfuls of batter onto the pan — pancakes should be about 3.5 inches wide. Cook until bubbly, about 2 minutes. Flip and continue cooking until golden brown.
6. You can also top with slices of banana or other seasonal fruit.