

# Banana Pancakes

By Colene Anderson

Adapted from Old Fashioned Pancakes, in *Low Protein Cookery for PKU*

9 Tablespoons wheat starch  
6 Tablespoons Wel-Plan or Loprofin baking mix  
3 Tablespoons cake flour  
1 ½ teaspoon baking powder  
¼ teaspoon salt  
1 -1½ teaspoon pumpkin pie spice  
½ teaspoon nutmeg, if desired  
¼ cup granulated sugar  
¼ cup light brown sugar  
6 teaspoons vegetable oil  
9 Tablespoons Carnation Liquid Coffeemate, Fat Free French Vanilla  
2 medium bananas, mashed  
water  
non-stick skillet with margarine for frying

In a medium bowl, add all dry ingredients together and stir well. Next, add oil and creamer, mix until smooth. Add mashed bananas and stir well. Add water until desired consistency is obtained. Drop by tablespoonfuls on skillet to make silver dollar pancakes. Cook on medium heat until golden on each side.

Yield: about 44 silver dollar pancakes

Per recipe: 189 mg phe

Per pancake: 4 mg phe

Storage: Freeze in airtight container. To reheat, microwave on high for 7-8 seconds.



Cristine M. Trahms Program for Phenylketonuria  
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>