

Blueberry Banana Pancakes

Ingredients:

- 1 ripe banana
- 1 whole egg
- 1 egg white
- ½ teaspoon carrots, grated
- 3 leaves baby spinach
- ¼ teaspoon cinnamon (or more)
- ½ cup blueberries
- 1 packet sweetener (optional)

Directions:

1. Mash banana.
2. Add eggs and mix.
3. Add carrots.
4. Add torn up spinach.
5. Add cinnamon (according to your taste).
6. Add five to six blueberries.
7. Pour into a skillet for a large pancake.
8. Microwave the remaining blueberries (with or without sweetener) in a microwaveable container (e.g., Pyrex cup) for one minute.
9. Remove pancake from skillet and pour the blueberry sauce on top.

Tip: This mixture may be prepared the night before so it is ready to use the next morning. You can also save time by grating an entire carrot, save it in a container, and use over multiple days. For a twist, you can mash in a raspberry or strawberry, or use a spice other than cinnamon.

Shared by: Judith Patterson