

BANANA PANCAKES

Deeann first had banana pancake at the Buccaneer Hotel in St. Croix in the Virgin Islands. Of course, pretty much everything tastes good when you are in paradise, but this was a favorite. They taste great with maple syrup, and you can further embellish them by topping with Banana Fosters Syrup (recipe below), banana slices, chopped pecans (her favorite) or all of them! This recipe makes 14 pancakes if you use $\frac{1}{4}$ Cup batter per pancake.

INGREDIENTS:

1 $\frac{1}{2}$ Cups Flour
1 teaspoon Baking Soda
1 teaspoon Baking Powder
1 $\frac{1}{2}$ Cups Mashed Ripe Bananas (about 4)
 $\frac{1}{2}$ Cup Buttermilk (If you don't have buttermilk, you can substitute using $\frac{1}{2}$ cup milk + 1 Tablespoon of *either* Lemon Juice or Vinegar)
 $\frac{1}{2}$ Cup Sugar
6 Tablespoons Butter, melted
2 Eggs
1 teaspoon Vanilla Extract
Toppings as desired: Syrup, sliced bananas, chopped pecans, whipped cream....

DIRECTIONS:

In a large bowl, mash the bananas, then add all the liquid ingredients (including the butter since it is melted) and whisk together. In a separate bowl, combine all of the dry ingredients and whisk together. Add the wet mixture to the dry mixture, and mix until just combined.

Heat a skillet/griddle/frying pan to medium-low and coat in non-stick spray. Drop batter by $\frac{1}{4}$ Cup onto cooking surface until bubbles appear and the bottoms are brown. Flip them over and cook until the other side is brown.

Banana Foster Syrup:

$\frac{3}{4}$ Cup Pure Maple Syrup
 $\frac{1}{4}$ Cup Brown Sugar
4 Tablespoons Butter
3 Tablespoons Banana Liqueur or Banana Rum
 $\frac{1}{4}$ teaspoon cinnamon

Bring all ingredients to a boil over medium heat, around 3-5 minutes, and serve with pancakes.

