

Buttermilk Banana Pancakes

These pancakes are crazy-light from all the buttermilk, which aerates them, and whole wheat pastry flour, which keeps them tender. I incorporated the bananas into the batter, but you can certainly spoon them on top instead, if you prefer. Relax... it's vacation week.

Makes about 25 pancakes

1 cup all-purpose flour
1 cup whole wheat pastry flour
1 tablespoon sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
2 eggs
2-1/4 cups low-fat buttermilk
5 tablespoons butter, melted and cooled slightly
1 small banana, cut into very thin slices

In a large bowl, whisk the dry ingredients. Set aside.

In a medium bowl, whisk the eggs. Then whisk in the buttermilk and melted butter.

Pour the wet ingredients into the dry, then stir well with a rubber spatula to combine. Make sure to sweep the bottom of the bowl with your spatula to moisten all the hidden flour particles. Fold in the sliced banana.

Set a large griddle over a medium-high flame and allow to heat up thoroughly, until a drop of water sizzles, then evaporates. Grease with nonstick spray.

Use a standard ice cream scoop to spoon the batter onto the hot griddle, and cook 2 or 3 minutes total, flipping once or twice. (The bananas make it harder to judge doneness, so test one to be sure it's cooked through.)

Serve hot with syrup, and additional bananas if desired.