

PECAN BANANA BUTTERMILK PANCAKES

Makes Twelve Large

Serve these hearty pancakes topped with mashed bananas and yogurt and a sprinkle of maple syrup.

2	eggs
2 cups	buttermilk
2 tsp	vanilla extract
2 tbsp	molasses
$\frac{3}{4}$ cup	whole wheat flour
$\frac{3}{4}$ cup	all-purpose flour
2 tbsp	wheat germ
1 tsp	mace
pinch	sea salt
$1\frac{1}{2}$ tsp	baking powder
$\frac{1}{2}$ tsp	baking soda
$\frac{1}{2}$ cup	toasted pecans, chopped
1	banana, sliced
2 tbsp	unsalted butter
2 tbsp	vegetable oil

Whisk together first 4 ingredients and set aside. In a separate bowl sift together dry ingredients. Add wet to dry and stir until just combined, do not overmix as this will result in hard cakes.

In a large frying pan over medium high heat melt butter and oil. Scoop about $\frac{1}{3}$ cup per cake into the pan and top with a few pieces of the banana. Wait until you see bubbles appearing and then flip. Pancakes are done when both sides are a nice golden brown. Keep warm in oven until serving.