

Corn Pancakes

by Heather Leno

Makes 10 – 5 inch

1 c. white whole-wheat flour
½ c. whole-grain corn flour*
½ c. whole-wheat pastry flour
2 t. Rumford's baking powder
½ t. salt

COMBINE all dry ingredients, mixing well.

*If flour is not available, blend cornmeal in blender until fine.

1²/₃ c. soy milk
½ c. smoothly mashed banana
2 T. mild olive oil

MIX well.
ADD to dry ingredients. *Do not over mix batter or pancakes will not rise as well.*
COOK on preheated griddle or pan with very small amount of cooking oil.
TURN pancakes when bubbles have formed on top.

*For a quick way to mash and measure the banana,
fill a quart measuring cup with the milk,
add banana chunks until liquids reach the 2¹/₄ cup level.
Add oil and blend smooth with hand blender.*