

Pancake recipe from "What to Eat During Cancer Treatment, Second Edition"

Banana Pancakes

2 Servings

Ingredients:

- 1 medium ripe banana
- 2 eggs, beaten well
- 1/8 teaspoon baking powder
- Pinch of salt

Directions:

1. In a bowl, mash the banana until almost smooth. You should have $\frac{1}{4}$ to $\frac{1}{3}$ cup. Add the eggs, baking powder, and salt and stir until combined. The batter will be very thin.
2. Preheat a griddle or skillet over medium heat and coat with butter or non-stick spray. Spoon 2 tablespoons of batter, 3 to 4 inches apart. You should be able to fit several at a time. Cook for 30-60 seconds or until golden on the bottom. Carefully flip the pancakes. If some batter spills during the flipping, place the flipped pancake on top of the spilled batter. Repeat with the remaining batter.

Per serving:

Calories: 130, Fat: 5 gm, Carbohydrate: 15 gm, Fiber: 2 gm, Protein: 7 gm

Buckwheat Pancakes

Ingredients

- 1 cup buttermilk
- 1 egg
- 3 tablespoons butter, melted
- 6 tablespoons all-purpose flour
- 6 tablespoons buckwheat flour
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3 tablespoons butter

Directions

1. In a medium bowl, whisk together the buttermilk, egg, and melted butter.
2. In another bowl, mix together white flour, buckwheat flour, sugar, salt and baking soda. Pour the dry ingredients into the egg-mixture. Stir until the two mixtures are just incorporated.
3. Heat a griddle or large frying pan to medium-hot, and place 1 tablespoon of butter, margarine or oil into it. Let the butter melt before spooning the batter into the frying

pan, form 4 inch pancakes out of the batter. Once bubbles form on the top of the pancakes, flip them over, and cook them on the other side for about 3 minutes. Continue with this process until all of the batter has been made into pancakes.

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Blueberry-Cottage Cheese Pancakes

8 pancakes

Ingredients:

- 1/3 cup all-purpose flour
- 1/3 cup whole wheat flour
- 2 tablespoons granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup fresh or frozen blueberries, defrosted
- 2 eggs
- 1/2 cup milk
- 1 tablespoon oil
- 1/2 teaspoon vanilla extract
- 1/2 cup cottage cheese

Directions:

1. In a bowl, combine both flours, sugar, baking powder, and salt.
2. Add the blueberries and stir to coat with flour. Set aside.
3. In another bowl, beat the eggs.
4. Add the milk, oil and vanilla and stir to combine.
5. Add the cottage cheese and stir to combine.
6. Add the mixture to the dry ingredients and gently stir until just combined.
7. Coat a skillet with non-stick cooking spray and preheat over medium heat.
8. Spoon 1/4 cup batter, spacing them 3 to 4 inches apart. You should be able to fit several at a time. Cook for 1 minute or until the pancakes are golden brown on the bottom and bubbly on top.

Per pancake:

Calories: 110; Fat: 4 gm; Carbohydrate: 13 gm; Fiber: 1 gm; Protein: 5 gm