



Long Livo

Brown Sugar Banana Pancakes – Easy Breakfast Treat

10 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 1 ½ cups all-purpose flour
- ☐ 2 teaspoons baking powder
- ☐ ¼ teaspoon salt
- ☐ ¼ cup packed brown sugar
- ☐ 1 large ripe banana, mashed

- ☐ 1 cup buttermilk
- ☐ 1 egg
- ☐ 2 tablespoons melted unsalted butter

Optional Topping

- ☐ Maple syrup
- ☐ Fresh berries
- ☐ Powdered sugar

Instructions

- 1** In a bowl whisk together flour, baking powder, salt, and brown sugar; set aside.
- 2** In another bowl combine mashed banana, buttermilk, egg, and melted butter; stir until smooth.
- 3** Pour wet mixture into dry ingredients; fold gently, leaving a few lumps. Let the batter rest for 3 minutes.
- 4** Heat a non-stick skillet over medium-low, melt a small pat of butter, then ladle ¼ cup batter per pancake; cook until bubbles form, flip, and cook another 1-2 minutes until golden.
- 5** Serve stacked, drizzle with maple syrup, and enjoy the warm, caramel-banana fragrance.

Nutrition per serving

320 kcal

Calories

8 g

Protein

48 g

Carbs

10 g

Fat

Tips & notes

- If the batter feels too thick, add a splash more milk.
- For extra caramel notes, sprinkle a pinch of brown sugar onto each pancake before flipping.
- Try adding a dash of cinnamon for a subtle spice.