

# 'The Stretch Pantry' No-Fuss Banana Pancakes

## Ingredients:

### Without flour

**Yield:** Makes about **4–5 small pancakes (1–2 servings)**

- 1 ripe banana, mashed
- 1 egg
- ¼ tsp cinnamon
- ¼ tsp baking powder (optional)
- Pinch of salt

### Instructions:

1. In a bowl, mash the banana.
2. Add eggs, cinnamon, baking powder, and salt. Mix until smooth.
3. Pour some batter onto a greased, heated pan.
4. Cook for 1–2 minutes per side until golden.
5. Serve with fruit, yogurt, or a drizzle of honey.

### With flour

**Yield:** Makes about **6–8 small pancakes (2–3 servings)**

- 1 ripe banana, mashed
- 2 eggs
- ¼ cup all-purpose or whole wheat flour
- ¼ tsp cinnamon
- ¼ tsp baking powder (optional)
- Pinch of salt

### Instructions:

1. In a bowl, mash the banana.
2. Add eggs, flour, cinnamon, baking powder, and salt. Mix until smooth.
3. Pour some batter onto a greased, heated pan.
4. Cook for 1–2 minutes per side until golden.
5. Serve with fruit, yogurt, or a drizzle of honey.

## Comparison: Flourless vs. With-Flour Versions

Feature	🍌 Flourless Banana Pancakes	🥞 With-Flour Banana Pancakes
Texture	Soft, custardy, crepe-like	Fluffier, thicker, more traditional texture
Yield	4–5 small pancakes	6–8 small pancakes
Serving Size	1–2 servings	2–3 servings
Calories (per serving)	100–200 kcal	150–230 kcal
Protein (per serving)	3.5–7 g	6–9 g
Fat (per serving)	3.5–7 g	4–7 g
Carbohydrates (per serving)	13–27 g	21–32 g
Fiber	1.5–3 g	2–3 g
Natural Sugars	7–14 g	6–9 g
Sodium	60–120 mg	65–130 mg
Sweetness	Naturally sweet, banana-forward	Mild sweetness, balanced with flour
Best Pairings	Greek yogurt, nut butter, fresh fruit	Berries, honey drizzle, yogurt or butter
Time to Cook	5–7 minutes	7–9 minutes
Best For	Light breakfast or snack	Heartier breakfast or brunch

*Stretch Pantry Tip: Got just one banana left or a few that are too soft for snacking? Don't toss them — mash and freeze in small containers or zip bags. You'll always have perfectly portioned bananas ready for quick delicious pancakes.*