Gingerbread Pancakes

Serves: 4 servings **Prep Time: 15 m** **Cook Time: 15 m**

Ingredients

- 1 1/4 cup – flour, all-purpose
- 1 teaspoon – baking soda
- 1/2 teaspoon – salt
- 1 teaspoon – cinnamon
- 3/4 teaspoon – ginger, ground
- 1/8 teaspoon – cloves, ground
- 1/8 teaspoon – nutmeg
- 1/4 cup – coconut sugar
- 1/8 cup – molasses
- 2 large – egg
- 3/4 cup – milk
- 1/4 cup – butter, unsalted
- 1 – cooking spray

TOPPINGS:

- 1/4 cup – maple syrup, pure
- 4 medium – banana

Directions

1. Add flour, baking soda, salt, cinnamon, ginger, cloves, nutmeg, and sugar to a mixing bowl. Stir to combine then set aside.
2. In a separate bowl, mix together molasses, eggs, and milk.
3. Melt butter and gradually add to wet ingredients while whisking continuously.
4. Add wet ingredients to the dry ingredients and stir just until combined.
5. Spray a griddle or large skillet with cooking spray and heat over medium.
6. Add 1/4 cup of batter per pancake to hot skillet. Cook until bubbly, then flip and cook 1 minute longer until both sides are golden. Repeat until all batter has been used.
7. Top pancakes with syrup and sliced bananas.

SUPER HEALTHY KIDS®