



Fluffy Banana Pancakes

These naturally sweet banana pancakes are a breakfast lover's dream, featuring ripe mashed bananas folded into a light and fluffy batter that cooks to golden perfection. Each stack is tender, moist, and packed with authentic banana flavor that makes them irresistible without requiring any added syrup. The simple ingredient list creates a surprisingly impressive dish that feels indulgent yet wholesome, perfect for weekend mornings or special occasions.

PREP TIME

10 minutes

COOK TIME

15 minutes

TOTAL TIME

25 minutes

SERVINGS

4 servings

INGREDIENTS

2 medium ripe bananas	1.5 cups all-purpose flour
2 whole large eggs	0.75 cup whole milk
2 teaspoons baking powder	0.5 teaspoon baking soda
0.25 teaspoon salt	2 tablespoons granulated sugar
1 teaspoon vanilla extract	3 tablespoons unsalted butter
0.5 teaspoon ground cinnamon	2 tablespoons neutral oil

INSTRUCTIONS

- 1
- Peel and slice your ripe bananas into a large mixing bowl. Using a fork, mash the bananas until smooth with just a few small lumps remaining—you want a consistent puree without being completely smooth. This should yield approximately 1

cup of mashed banana, which is the ideal amount for this recipe.

- 2 To the mashed bananas, add the eggs, milk, melted butter, and vanilla extract. Whisk these ingredients together until well combined and smooth, about 30 seconds. The mixture should be cohesive with no visible streaks of egg white remaining.
- 3 In a separate medium bowl, whisk together the flour, baking powder, baking soda, salt, sugar, and cinnamon. Combine these ingredients thoroughly so the leavening agents are evenly distributed throughout the flour, which ensures even rising.
- 4 Create a well in the center of your dry ingredients and pour in the wet mixture. Using a spatula or wooden spoon, gently fold the wet ingredients into the dry ingredients with about 12-15 strokes until just combined. The batter should be lumpy and slightly thick—do not overmix, as this develops gluten and creates tough pancakes.
- 5 Place a large non-stick skillet or griddle over medium heat and allow it to preheat for 2-3 minutes. To test if it's ready, flick a few drops of water onto the surface—they should sizzle and evaporate immediately. Lightly coat the surface with oil or butter, wiping away any excess with a paper towel.
- 6 Pour approximately 1/4 cup of batter onto the hot griddle for each pancake, spacing them about 2 inches apart. Let them cook undisturbed for 2-3 minutes until the bottoms are golden brown and bubbles form on the surface. Flip gently with a thin spatula and cook the other side for another 1-2 minutes until golden brown.
- 7 Transfer cooked pancakes to a warm plate and cover loosely with foil to keep them warm while you finish cooking the remaining batter. Work through the batter in batches, adjusting heat if needed if later pancakes brown too quickly or slowly.
- 8 Arrange the warm pancakes on serving plates in stacks of 3-4. Top with your desired accompaniments such as fresh berries, whipped cream, maple syrup, or a simple honey drizzle. Serve immediately while the pancakes are still warm and fluffy.



Chef's Notes

The key to exceptional banana pancakes is using truly ripe bananas with brown spots on the skin—they're sweeter and have more complex flavor than under-ripe yellow bananas. Never overmix the batter; lumps are your friends and will result in fluffier pancakes with better texture. I always prefer medium heat over medium-high because it gives the inside time to cook through while the outside develops a beautiful golden crust. For the most impressive presentation, serve immediately while the pancakes are warm and fluffy, as they begin to deflate once cooled.

NUTRITION PER SERVING

Calories: **320 kcal** Protein: **8 g** Carbs: **52 g** Fat: **9 g**

