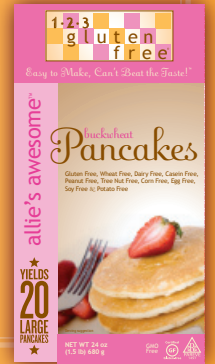


egg-free BANANA pancakes



2 cups 1-2-3 Gluten Free® Allie's Awesome Buckwheat Pancake Mix
1 large banana, mashed
1 c. skim milk (or water instead of milk)
2 Tbsp. vegetable oil

- ① Heat griddle over medium heat.
- ② Place 2 cups Mix in bowl. Add mashed banana, milk/water and oil and mix until thoroughly blended. Add more or less Mix or milk/water until you reach consistency of your personal preference.
- ③ Spray griddle with non-stick spray. Ladle batter onto griddle. Cook until bubbles form and then flip pancake to cook other side. Pancakes should be golden brown on each side.

