

Banana Raisin Pancakes

Ingredients:

- 2 very ripe, medium bananas, peeled
- 1 egg
- ¾ cup low-fat milk
- 1 tablespoon vegetable oil
- 1 cup pancake and waffle mix
- ½ cup raisins
- 1/8 teaspoon ground cinnamon

Topping:

- 1 can (8ounce) pineapple chunks in juice
- 2 cans (6 ounce each) pine-orange banana juice
- 1 tablespoon cornstarch
- 1 firm, medium banana, peeled and sliced
- 1 orange, peeled and sliced
- 1 cup seedless grapes

Directions:

Break up bananas into a mixing bowl. With back of fork, mash until smooth, about 1 cup. Add egg, milk and oil; combine. In another mixing bowl, combine pancake mix, raisins, and cinnamon. Add pancake mix to banana mixture and stir until moistened.

Make topping by draining juice from pineapple into small saucepan. Stir in pine-orange banana juice and cornstarch, blend until smooth. Bring mixture to boil over medium high heat, cook for 3 minutes stirring constantly. Turn off heat and move to a cool burner. Combine pineapple, banana, orange and grapes in a mixing bowl. When mixture cools to room temperature, about 15 minutes, stir in fruit.

Heat skillet over medium high heat. Measure ¼ batter and pour into skillet. Cook as many pancakes at one time as you can. Spoon topping over hot pancakes.

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon
Analysis done 10-2-08

Nutrition Facts	
Serving Size 1-2 pancakes w topping (213g)	
Servings Per Container 6-8 servings	
Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 70mg	3%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	20%
Sugars 27g	
Protein 6g	
Vitamin A 4%	Vitamin C 90%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	