



## Banana Walnut Pancake Sticks



1/10th of recipe (4 sticks): 209 calories, 3.5g total fat (0.5g sat. fat), 294mg sodium, 35g carbs, 6g fiber, 3.5g sugars, 10g protein

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**Prep:** 10 minutes    **Cook:** 10 minutes



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### Ingredients

3 cups whole-wheat flour  
1/2 cup vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
5 packets natural no-calorie sweetener (like Truvia)  
1 1/2 tbsp. cinnamon  
2 tsp. baking powder  
1/2 tsp. salt  
1 tbsp. light butter  
2 cups unsweetened vanilla almond milk  
1 cup (about 2 medium) mashed ripe bananas  
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute  
2 tsp. vanilla extract  
1 oz. (about 1/4 cup) chopped walnuts  
Optional topping: lite pancake syrup

### Directions

Preheat oven to 425 degrees. Spray an 11" X 17" baking sheet with nonstick spray.

In a large bowl, mix flour, protein powder, sweetener, cinnamon, baking powder, and salt.

In a large microwave-safe bowl, microwave butter for 10 seconds, or until melted. Add almond milk, banana, egg whites/substitute, and vanilla extract. Mix until uniform.

Add milk mixture to the flour mixture, and stir until uniform. Transfer to the baking sheet, and smooth out the surface.

Top with walnuts, and lightly press to adhere. Bake until light golden brown and cooked through, 8 - 10 minutes.

Evenly cut into 10 pieces. Cut each piece into 4 sticks.

**MAKES 10 SERVINGS**

**HG Storage Tips:** These will stay fresh in the fridge for about a week. To freeze, tightly wrap each fully cooled serving in foil or plastic wrap. Then place in a sealable container or bag, seal, and freeze. To thaw, unwrap a serving, and place on a microwave-safe plate. Cover with a paper towel, and microwave for 1 1/2 minutes, or until your desired temperature is reached.

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