



### **Almond Pancakes with Banana Sauce**

1 banana  
6 ounces vanilla Dannon Triple Zero yogurt  
3/4 cup whole wheat flour  
3 scoops vanilla protein powder  
1 tablespoon baking powder  
1/4 teaspoon salt  
1 egg  
1 tablespoon sugar-free maple syrup  
1/2 teaspoon almond extract  
1 cup skim milk  
1 tablespoon canola oil  
3/4 cup sliced almonds

Mash the banana in a small bowl and mix in yogurt. Refrigerate until pancakes are done.

Stir together the flour, protein powder, baking powder, salt, egg, sugar-free maple syrup, and almond extract. Stir in the milk and oil. Add 1/4 cup of sliced almonds and stir.

Spray griddle with cooking spray and preheat to medium. Pour batter out to make 12 pancakes.

Flip the pancakes when they begin to bubble and are golden brown on the bottom side. Cook until the other side is also golden brown.

Top pancakes with banana cream sauce and sprinkle with remaining sliced almonds. Makes 12 pancakes.

Nutrition information per pancake: 139 calories, 12 grams protein, 6 grams fat, 13 grams carbohydrate, 219 mg sodium.



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