

Dairy Good

July 06 2015

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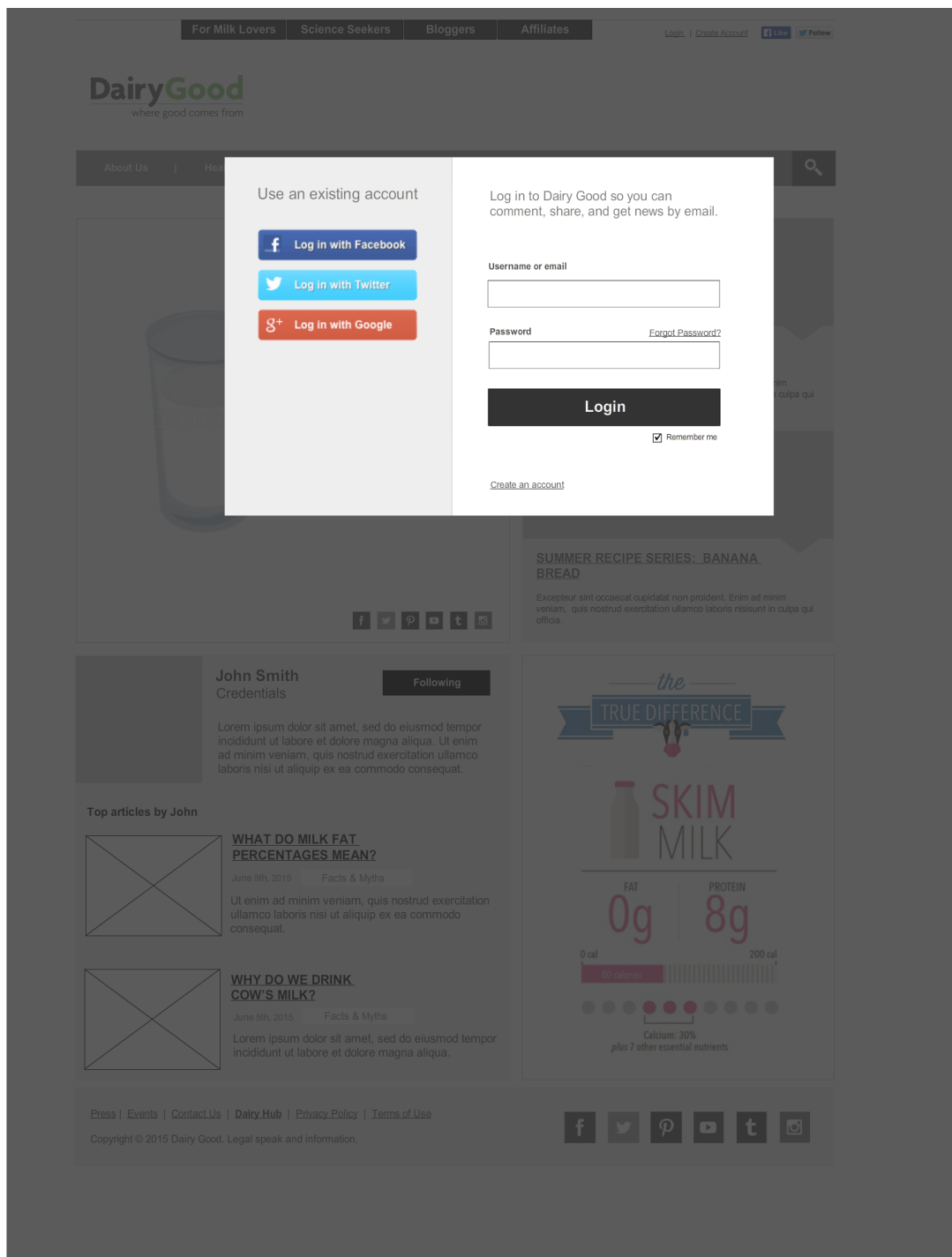
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- For Milk Lovers
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Catagory Title	Catagory Title	Filter by tags
<div>IMAGE</div> <div>Lorem Ipsum Dolor Sit Amet</div> <div>Posted June 30th, 2015 Sports Nutrition, Healthy Lifestyle</div> <div>Excepteur sint occaecat cupidatat non proident. Enim ad minim veniam, quis nostrud exercitation ullamco laboris nisisunt in culpa qui officia.</div>	<div>IMAGE</div> <div>Lorem Ipsum Dolor Sit Amet</div> <div>Posted June 30th, 2015 Sports Nutrition, Healthy Lifestyle</div> <div>Excepteur sint occaecat cupidatat non proident. Enim ad minim veniam, quis nostrud exercitation ullamco laboris nisisunt in culpa qui officia.</div>	<div>Lactose Intolerance</div> <div>Dairy Nutrition</div> <div>Healthy Lifestyle ✓</div> <div>Farm-to-Table</div> <div>Food Safety</div> <div>Hormones</div> <div>Antibiotics</div> <div>Animal Care</div> <div>Sports Nutrition</div>
<div>IMAGE</div> <div>Lorem Ipsum Dolor Sit Amet</div> <div>Posted June 30th, 2015 Childhood Nutrition</div> <div>Excepteur sint occaecat cupidatat non proident. Enim ad minim veniam, quis nostrud exercitation ullamco laboris nisisunt in culpa qui officia.</div>	<div>IMAGE</div> <div>Lorem Ipsum Dolor Sit Amet</div> <div>Posted June 30th, 2015 Childhood Nutrition</div> <div>Excepteur sint occaecat cupidatat non proident. Enim ad minim veniam, quis nostrud exercitation ullamco laboris nisisunt in culpa qui officia.</div>	
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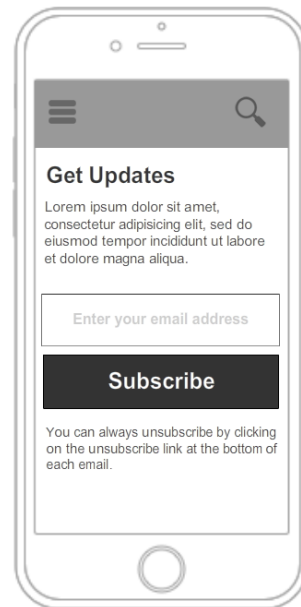
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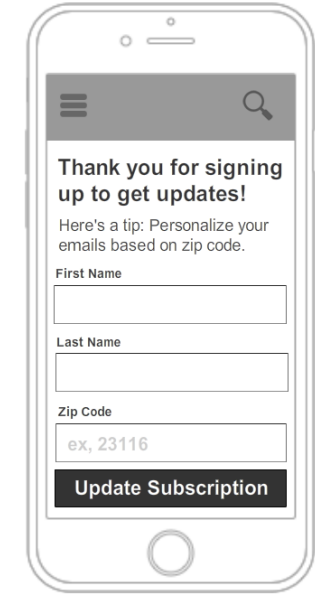
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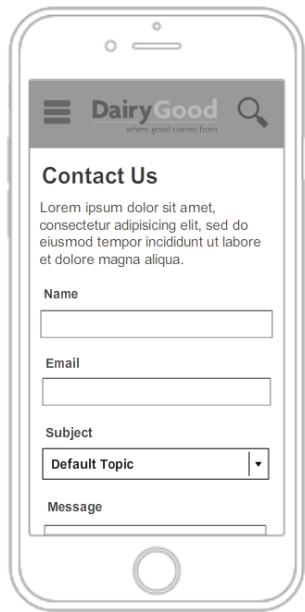
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Recipe Title

June 30, 2015, 3:15 AM PDT

Regardless of what time of day these pancakes are served, they are always a hit. What could be more comforting and satisfying than fluffy pancakes and sweet caramelized bananas served with golden maple syrup and topped with more bananas, butter and pecans? One thing you might want to consider: Once your guests sit down, they may never leave your house.

This recipe was posted in **Breakfast** and tagged **milk**.

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Makes: **8 Servings** Prep Time: 15 min Cook Time: 20 min Total Time: **35 Minutes**

Ingredients

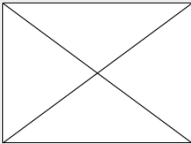
- 1½ cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 teaspoon ground nutmeg
- 5 tablespoons unsalted butter, divided
- 2 large eggs
- 1¼ cups **LACTAID® Reduced Fat Milk**
- ½ teaspoon vanilla extract
- 2 cups sliced bananas (½-inch thick)
- 6 tablespoons vegetable oil, divided, for cooking (For a healthier option, use cooking spray instead of oil)
- Garnish: maple syrup and chopped pecans

Directions

- Step 1:** Mix flour, sugar, baking powder, salt and nutmeg together in a large bowl. Melt butter in a small saucepan over medium heat, and set aside.
- Step 2:** Whisk the eggs lightly in a medium bowl. Add the LACTAID®Reduced Fat Milk, vanilla and 3 tablespoons of the melted butter, whisking until well mixed. Pour the egg mixture into the flour mixture, stirring until the batter is smooth and thick.
- Step 3:** Heat the remaining 2 tablespoons melted butter in a large frying pan over medium heat. Add the banana slices and cook on both sides until caramelized and golden brown, about 3 to 4 minutes per side. Stir half of the cooked banana slices into the batter. Reserve the remaining banana slices for topping the pancakes.
- Step 4:** Heat 1 tablespoon of the oil in a large skillet or griddle over medium heat. Measure ½ cup batter per pancake and pour onto pan or griddle when oil is hot (the surface will appear to shimmer when the oil is the correct temperature). Cook until bubbles appear around the edges of the pancakes. Flip and cook until brown on the other side. Remove from the pan, setting aside in a warm oven. Carefully wipe out the pan or griddle and add more oil if necessary.
- To serve, arrange the pancakes on individual plates or on a serving platter and top with the reserved caramelized bananas, syrup, and pecans.

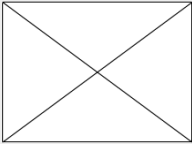
Submitted by [Makers of LACTAID® Brand Products](#).

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SUMMER RECIPE
SERIES: **BANANA**

Makes: 2 Servings
Total Time: 15



SUMMER RECIPE
SERIES: **BOW TIE PASTA SALAD**

Makes: 2 Servings
Total Time: 15




Lisa Smith

Credentials

Following


About

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