



Bananas Foster Pancakes

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Total Time: 30 minutes

Prep Time: 10 minutes
Yield: 4 servings 1x

Cook Time: 20 minutes

INGREDIENTS

For the pancakes:

- 1 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 1/4 cup almond milk*
- 3 tablespoons canola oil
- 1 egg
- 1 teaspoon vanilla extract

For the topping:

- 1/3 cup pecan halves
- 1/4 cup dairy free margarine

- 3 tablespoons brown sugar
- 5 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- Pinch of coarse salt
- 2 bananas, sliced

INSTRUCTIONS

For the pancakes:

- 1 In a large bowl, whisk together the dry ingredients.
- 2 Add milk, canola oil, egg and vanilla extract. Whisk until smooth.
- 3 Preheat a non-stick griddle or large skillet to medium heat. (Coat pan with butter or oil if not using non-stick).
- 4 Pour about 1/3 cup batter onto the griddle for each pancake. Allow it to cook until bubbles are visible throughout the pancake before flipping.
- 5 Repeat until all batter has been used.

For the topping:

- 1 Heat a large skillet to medium-high. Toast pecans, until fragrant, stirring occasionally, for about 2 minutes. Remove from heat and transfer to a small plate.
- 2 Add margarine, brown sugar and maple syrup. Heat until margarine and brown sugar have melted. Add remaining ingredients and sauté until bananas have softened, about 3 minutes. Return pecans to pan.

NUTRITION

Calories: 0 **Sugar:** 0 g **Sodium:** 0 mg **Fat:** 0 g **Saturated Fat:** 0 g

Unsaturated Fat: 0 g **Trans Fat:** 0 g **Carbohydrates:** 0 g **Fiber:** 0 g **Protein:** 0 g
Cholesterol: 0 mg

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