



Petey's Pancakes

This is Stuart's banana pancake recipe, in the same words he wrote back when he had those pancake parties in the early 1990s. This was the recipe he liked to use for July 4th mornings.

Petey's Pancakes

2 ½ c. Bisquick or Aunt J.

½ c. wheat germ

½ c. rice flour (I used soy)

½ c. Wheatina hot cereal, uncooked

1/4 c. poppy or sesame seeds

½ t. ginger

to taste: cinnamon , lemon peel, orange peel

2 tsp. vanilla

3 ripe bananas, mashed

3 eggs

1 c. plain yogurt

½ to 1 ½ c. milk

Mix dry and wet ingredients separately, then blend. Add milk. (I mixed the batter the night before and added more milk in the a.m.) Batter thickens and produces thick pancakes. Drop 1/4 cup onto 325-350 degree griddle. Cook until one side bubbles, then flip. Easily frozen for microwaving.

Batter can be made the night before.

To add blueberries, sprinkle berries on top of pancakes after pouring batter onto the pan (avoids the soggy spot in the dough).

Syrup: add 1-2 drops lemon oil or extract.