



Banana Nut Pancakes

Serves 8-10

3 cups all-purpose flour
5 tablespoons sugar
3 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 ½ cups buttermilk
6 tablespoons butter, melted
4 large eggs
2 tablespoons vanilla extract
Freshly ground nutmeg
4 bananas, mashed
½ cup chopped pecans or walnuts (optional)

Mix dry ingredients into a very large bowl. In another large bowl, whisk together remaining ingredients. Slowly add wet ingredients to dry ingredients just until combined; do not over mix. Cover and let rest for 1 hour or refrigerate overnight.

Heat pancake griddle to manufacturer recommended temperature. (If using a frying pan put on medium heat and turn down to med-low after you pour batter into pan.) Melt butter onto pancake griddle. Add 1/3 cup batter per pancake. Cook pancakes 2-3 minutes or until top bubbles, then flip over. Cook another 2-3 minutes or until cooked through.