



Mini Banana Brunch Puff Pancakes

Fluffy omelet-like pancakes filled with banana flavor

1-3/4 cups Panko bread crumbs

1 cup unsweetened almond milk

4 eggs, separated

1/2 teaspoon salt

1 teaspoon vanilla extract

1/8 cup granulated sugar

1/2 teaspoon cinnamon

1/3 to 1/2 cup chopped baby bananas (3 to 4 ripe)

4 tablespoons unsalted butter

Garnish: Confectioners' sugar as desired, 3 to 4 ripe baby bananas, sliced;
maple syrup as desired

Place breadcrumbs in a medium sized bowl; stir in almond milk; let rest 5 minutes

Add the egg yolks, salt, vanilla, sugar and cinnamon; mix well. Gently stir in the banana pieces.

In a mixing bowl, beat egg whites until peaks form but not dry.

Fold 1/3 of whipped egg whites into breadcrumb mixture; then fold in the remaining mixture.

Melt 2 tablespoons butter in an omelet pan; pour half of batter into pan. Cook over medium to medium high heat to brown; turn pan over to cook the remaining side. Both sides should be browned. Remove and set aside to stay warm.

Use remaining 2 tablespoons butter and prepare second pancake in the omelet pan for easier turning.

Cut pancakes into individual portions, sprinkle with confectioners' sugar, garnish with mini banana slices, and serve hot with maple syrup.

Yield: serves 4

Recipe from: *The Complete Round the World Cookbook*, For More Information See: <https://www.melissas.com/Articles.asp?ID=719>

Cook's Note: Since the pancake is the size of an omelet, it is difficult to turn over in a sauté pan. It can be prepared in an omelet pan or made into smaller pancakes. We also have a small 1-cup omelet pan and prepared our pictured pancake in that pan. The recipe has about 4 cups of batter and could be made into smaller puff pancakes.

About the Recipe: The puffy omelet size pancakes are light and fluffy and filled with a light banana flavor. The tropical cakes can be garnished with pineapples, bananas, and flaked coconut. They would even be delicious made into smaller pancake sizes. Happy tropical holiday!