

# Blueberry Banana Pancakes

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These **Blueberry Banana Pancakes** are easy, healthy pancakes packed with juicy blueberries for a soft and

very moist texture.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/blueberry-banana-pancakes/> or scan the QR code here 



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Prep Time  
10 mins

Cook Time  
5 mins

Total Time  
15 mins

Servings: 4 Servings (of 3 Pancakes)    Calories: 330.6kcal    Author: Carine Claudepierre

## Ingredients

- ½ cup Mashed Banana about 1 large ripe bananas (note 1)
- 1 cup Unsweetened Almond Milk (note 2)
- 2 tablespoons Mild-Flavor Olive Oil (note 3)
- 2 tablespoons Maple Syrup (note 4)
- 1 teaspoon Vanilla Extract
- 1 ½ cups All-Purpose Flour (note 5)
- 1 tablespoon Baking Powder
- 1 teaspoon Cinnamon
- 1 ½ cups Blueberries (note 6)

## Instructions

1. Peel and mash the bananas and measure 1/2 cup, sweeping the top of the cup to remove the excess. Place the mashed bananas in a large mixing bowl or in a blender if you don't like pieces of bananas in your pancake batter.
2. Whisk or blend the mashed bananas with almond milk, vanilla extract, olive oil, and maple syrup until well combined/smooth.
3. In another mixing bowl, whisk the dry ingredients: flour, cinnamon, and baking powder. Stir until the batter is smooth.
4. Fold in the blueberries and stir to incorporate.
5. Warm a non-stick pancake griddle or non-stick crepe pan over medium heat, rub a bit of olive oil on the surface of the pan, and scoop 3 tablespoons of pancake batter per pancake.
6. Cook for 2-3 minutes on one side or until the edges set, and it's easy to slide a spatula under the pancake to flip it.
7. Flip and cook the pancakes for an extra 1 minute on the other side.

## Notes

**Note 1:** The darker the banana skin, the sweeter the pancakes will be.

**Note 2:** Any milk works, like soy milk, oat milk, or milk if you use dairy in your kitchen.

**Note 3:** Any low-flavor oil works in this recipe. If using coconut oil, don't bring it in contact with cold milk straight out of the fridge, as it will form oil lumps in the pancake batter.

**Note 4:** Any sweetener like agave syrup, coconut sugar, or sugar works. You can skip the sweetener if your banana is very ripe.