

# banana chia pancakes

## Ingredients

4 ripe bananas

4 eggs

1 Tbsp. butter

3 Tbsp. chia seeds

½ cup all-purpose flour

1 ½ tsp. baking powder

2 Tbsp. milk

½ lemon

*optional:* blueberries

## Instructions

1. In a medium bowl, mash bananas.
2. Crack eggs into bowl with bananas and whisk together.
3. Add milk, melted butter, flour, chia seeds and baking powder. Whisk.
4. Juice lemon and whisk in.
5. Add blueberries if desired.
6. On a skillet or griddle, melt extra butter over medium-low heat.
7. Once warm, scoop pancake batter onto pan and cook until golden brown.
8. Enjoy!



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