

# Traders of the Bighorn

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## Cowboy Cooking

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### BANANA PECAN PANCAKES

2 Bananas	½ tsp. Salt
2 Eggs	1 cup Cornmeal
3 cups Buttermilk	½ cup Bran
3 tbsp. Butter, melted	1 tbsp. Honey
2 cups Unbleached White Flour	½ cup Pecans (sautéed in butter)
1 tsp. Baking Soda	

In a medium bowl, mash the bananas with a fork until the lumps are mostly worked out. Add eggs, buttermilk and melted butter. Mix thoroughly. In a separate bowl, sift the flour with the baking soda and salt, then stir in the bran and cornmeal. Add the dry ingredients to the banana mixture, stirring until the dry ingredients are moistened. Add the nuts and honey and cook the pancakes just as you would any other. Serve with homemade Cranberry Orange Sauce or any of your favorites.