

# Banana Oat Pancakes



# Ingredients

- 2 medium ripe bananas
- 2 eggs
- ½ cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 ½ cups old fashioned rolled oats
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- Olive oil (oil of choice), for cooking
- Maple syrup (topping)

# Directions

1. Wash hands with warm water and soap for 20 seconds, making sure to wash your wrist, under your fingernails, and in between your fingers.
2. Add all the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan.
3. Lightly coat a griddle with oil and place over medium (375 degrees Fahrenheit) heat.
4. Once pan is hot, add 1/3 cup of batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
5. Flip pancakes and cook until golden brown on underside. If you find that pancakes are browning too quickly then you need to lower the heat. If you need to start on medium heat, then decrease to medium low later so the pancakes don't burn. If at any point your griddle starts smoking, it means your pan is too hot.
6. Wipe skillet clean and repeat with more oil and remaining batter.
7. Once pancakes are done add maple syrup (or toppings of choice) and enjoy!

# Nutrition Information

- **Servings: Yields 3**
- **Serving Size: 3 Pancakes**
- **Calories: 311**
- **Carbohydrates: 51.5g**
- **Protein: 12.2g**
- **Fats: 6.9g**

