

BANANA OATMEAL PANCAKES



Serves 2

Serving Size: 3 pancakes

Prep time: 5 minutes

Cook time: 20 minutes

Total Time: 25 minutes

Ingredients

- 2 eggs, beaten
- 2 bananas, mashed
- 1/2 cup of old fashioned rolled oats, uncooked
- 1/2 tablespoon sugar (optional)
- 1/2 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/2 teaspoon olive oil
- 1/2 cup fresh or frozen fruit of your choice (optional)

Directions

1. In a medium bowl, combine eggs, bananas, rolled oats, sugar (optional), baking powder, vanilla extract, and cinnamon. Batter should be cohesive and without lumps.
2. Heat olive oil in medium skillet on medium-low heat. Once heated, spoon 1/4 cup portions of the batter onto skillet and cook until golden brown on both sides (about 4 minutes on each side).
3. Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes. You can also serve pancakes with chopped nuts or peanut butter on top.

Nutrition information Per Serving

306 calories		Protein	10 g
Carbohydrates	51 g	Fat	9 g
Fiber	6 g	Sodium	312 mg

Based on 1/2 cup frozen mixed fruit and 1/2 tablespoon sugar



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