# **Banana Oat Pancakes**

Oats are an extremely easy and affordable grain. Adding oats to your pancakes provides a texture element that many people love!

Makes: 4 servings Prep Time: 20 minutes Cook Time: 10 minutes

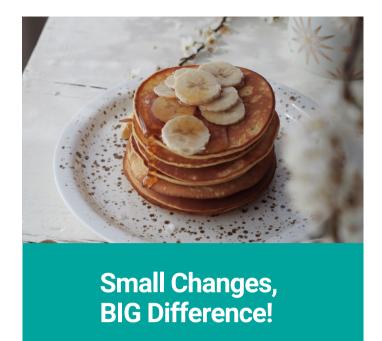
Source: commonthreads.org, recipe/ banana-oats-pancakes

### **Ingredients**

- 3/4 cup all-purpose flour
- 3/4 cup oats
- 1 teaspoon baking powder
- · 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- · 2 bananas, mashed
- 1 tablespoon canola oil (or your choice of oil)
- 1 teaspoon vanilla
- 1 egg
- 1/2 cup low-fat milk

#### **Directions**

- 1. Mash 2 bananas and, measure out all your ingredients.
- 2. Mix together flour, oats, baking powder, sugar, cinnamon and salt into a large bowl.
- 3. In another bowl, combine mashed bananas, oil, vanilla, egg, and milk. Mix well.
- 4. Next, use a spoon and mix the dry ingredients into the wet ingredients. Stir until well mixed.
- 5. Let pancake mixture sit in the fridge for 15 minutes.
- 6. Remove pancake mixture from the fridge and heat a pan on medium heat
- 7. Once the pan is hot, scoop batter into large circles in the center of the pan.
- 8. When the edges of the pancake begin to bubble, use a spatula to carefully flip the pancake over.
- 9. Cook pancake until lightly golden brown on both sides. Be careful not to burn. If your pancakes begin to burn, your pan is too hot.









#### **Nutrition Information**

Serving Size: 1 Pancake

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Nutrients	Amount
Calories:	272
Total Fat:	6.3g
Saturated Fat:	1.1 g
Cholesterol:	42 mg
Sodium:	179 mg
Total Carbohydrates:	47.3 g
Dietary Fiber:	3.9 g
Total Sugars:	12.2g
Added Sugars:	12.2g
Protein	7.5 g

#### **Utensils Needed**

- Large Bowl
- Fork
- Spoon
- Medium Bowl
- Spatula
- Large Frying Pan
- Measuring Cups
- Measuring Spoons



#### **SHOPPING LIST**

Average total cost without oil and seasonings: \$5.71

Average cost/serving: \$1.43

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

#### **Ingredients**



Add 1 to Cart 1% Milk (Half gallon)



Add 1 to Cart Baking Powder (8.1 oz.)



Add 1 to Cart Large Eggs (12 count)



Add 1 to Cart Quick Oats (16 oz.)



Add 2 to Cart Fresh Bananas

# **SAVE TIME, SAVE MONEY**

My Cooking Notes

### **Storage Tips**

- Leftover pancakes can be frozen to use for another meal!
- Or refrigerate leftovers within 2 hours.

## **Cooking Tips**

- Leftover milk and eggs can be used to make a nice egg dish such as vegetable quiche or even a frittata. Check out https://www.snapedny.org/ for more recipe inspiration!
- With the leftover oats try to start your day the whole grain way with hot oatmeal topped with some fresh fruit!

