

# Peanut Butter Banana Pancakes

Creamy peanut butter, mashed banana, and hearty oats combine to make the perfect breakfast! These nutritious pancakes are naturally sweet and gluten-free. Top with berries and yogurt for a satisfying morning meal!

Makes: 4 servings  
 Prep Time: 10 minutes  
 Cook Time: approx. 10 minutes

Source: <https://tasty.co/recipe/healthy-peanut-butter-chocolate-chip-pancakes>

## Ingredients

- 2 bananas
- 2 eggs
- ¼ cup peanut butter
- ½ cup oats
- ¼ teaspoon salt

## Directions

1. Mash bananas in a large bowl until smooth. Mix in eggs and peanut butter until well combined, then mix in remaining ingredients.
2. Heat a skillet to medium and add in a scoop of the pancake batter. Smooth out to form an even layer. Cook for about 2-3 minutes until you start to see bubbles releasing from the top of the batter. Flip and cook until the other side is golden brown, about 1-2 minutes.
3. Garnish your pancakes with your favorite toppings! We used banana slices and maple syrup.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 3 pancakes	
Nutrients	Amount
Calories:	223
Total Fat:	10.6 g
Saturated Fat:	2.1 g
Cholesterol:	42.5 mg
Sodium:	100 mg
Total Carbohydrates:	25.5 g
Dietary Fiber:	3.5 g
Total Sugars:	11 g
Added Sugars:	0 g
Protein	6.75 g

## Utensils Needed

- Large bowl
- Skillet
- Mixing Spoon
- Measuring Cups/Spoons

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.47

Average cost/serving: \$1.12

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.

## Ingredients



Add 2 to Cart  
Banana



Add 1 to Cart:  
Creamy Peanut Butter (18 oz)



Add 1 to Cart:  
Oats (18 oz)



Add 1 to Cart:  
12 Large Eggs

SAVE TIME, SAVE MONEY

My Cooking Notes

## Cooking Tips

- To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.

## Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Overnight Oats
  - Fantastic French Toast