

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](http://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.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 Pancake	
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!