



Banana Oat Pancakes

4 Servings • 1 Serving = 2 Pancakes

INGREDIENTS

- 1 cup 1% milk
- 2 eggs
- 1 large ripe banana
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2 cups old-fashioned rolled oats
- Optional: fresh fruit or chopped nuts

DIRECTIONS

1. Heat a large skillet that has been sprayed with a nonstick cooking spray.
2. Place all ingredients in blender and blend until smooth.
3. Pour about 1/4 cup batter onto the skillet.
4. Cook for 2-3 minutes until bubbles are popping over the top of the pancakes.
5. Flip and cook for about 1-2 minutes more.
6. Continue with remaining batter.
7. Top with fresh fruit or chopped nuts.

Nutrition Facts

4 servings per container	
Serving size	2 pancakes
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 130mg	6%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 1mcg	6%
Calcium 171mg	15%
Iron 2mg	10%
Potassium 508mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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