

Oatmeal Banana **Pancakes**

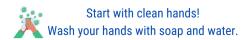
Prep time: 15 min Cook time: 10 min

Serves 4

INGREDIENTS

- ½ cup oats (rolled or quick)
- wheat flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 ripe bananas
- 2 tablespoons oil
- 1 cup water or milk
- 2 eggs

DIRECTIONS



- 1. In a small mixing bowl, combine oats, flour, salt, and baking powder. Stir well to combine
- 1 cup all-purpose or whole 2. In a large mixing bowl, mash the banana with the back of a fork or a potato masher. Add oil, water or milk, and egg. Mix well to combine
 - 3. Slowly add the dry ingredients to the wet ingredients. Stir to combine, but don't over mix. Add a little extra water or milk if the batter seems too thick.
 - 4. Heat a large nonstick skillet or griddle over medium heat. Pour about 1/4 cup of pancake batter onto the skillet to form small pancakes. Cook the pancakes until bubbles begin to form and the edges begin to brown, about 1-2 minutes. Flip and continue to cook until golden brown, about 2 minutes more.
 - 5. Remove from heat. Serve and enjoy!





