



Oatmeal Banana Pancakes

Prep time: 15 min

Cook time: 10 min

Serves 4

INGREDIENTS

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

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. In a small mixing bowl, combine oats, flour, salt, and baking powder. Stir well to combine
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 ¼ 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!