

Banana Oatmeal Pancakes

Recipe type: Breakfast

Serves: 3

Prep time: 10 minutes

Cooking time: 10 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What You Need:

2 medium ripe bananas

½ C 1% milk

2 eggs

1½ C old-fashioned rolled oats

2 t baking powder

½ t ground cinnamon

¼ t salt

Cooking spray

3 T of maple syrup, optional



This is a picture of 1 serving.

What To Do:

1. Wash your hands.
2. Mix bananas, eggs, oats, baking powder, cinnamon, and salt into a thick batter.
3. Lightly spray a pan with cooking oil on medium heat.
4. Once the pan is hot, add ⅓ cup of batter on the pan for each pancake.
5. Cook each pancake for about 2-4 minutes until you see a few bubbles along the edges of the pancake. Flip the pancake until golden brown on both sides.
6. Drizzle with maple syrup if desired.
7. Enjoy!

Contains Egg

Nutrition Facts	
3 servings per container	
Serving size	3 Pancakes
	(216g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 260mg	11%
Total Carbohydrate 62g	23%
Dietary Fiber 6g	21%
Total Sugars 25g	
Includes 12g Added Sugars	24%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 519mg	40%
Iron 3mg	15%
Potassium 587mg	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.	

FK= 4.8