

# BANANA BREAD OAT PANCAKES

RECIPE BY: TEAM WELLBE



VEGETARIAN NO GLUTEN

DIFFICULTY: EASY

TIME: 15 MINS

SERVES : 2-3

Thick yet fluffy pancakes with a delicious banana bread twist - simply made using only a blender!

## METHOD

Add all ingredients (except oil and add-ins) to a blender and blend until smooth. If using add-ins, stir in now. Mixture may have thickened in blender so stir in more milk 1 Tbsp at a time to thin out, if needed. Add oil to a pan or skillet over medium heat. Pour in about a 1/3 a cup of batter per pancake and cook until all bubbles have popped (about 2-3 mins). Flip over and cook for one more minute. Repeat until all pancakes have been cooked. Top with more banana, maple syrup, nuts or desired toppings and serve immediately.

## INGREDIENTS

- 1.5 cups oats
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 2 large ripe bananas
- 1 Tbsp honey/maple syrup
- 1 egg
- 1 cup milk of choice – more for thinning out
- 1 tsp vanilla extract
- Pinch of salt
- 1 Tbsp oil

Optional add-ins: chocolate chips, mixed berries, nuts.