

# Banana Oat Pancakes

## Breakfast



THE OHIO STATE  
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Servings per recipe: 5 medium pancakes

**Items Needed:** medium bowl, measuring cups, measuring spoons, fork, spatula and a pan or griddle to cook pancakes.

### Ingredients:

- 2 bananas
- 1 egg
- 1/2 cup oats (quick cooking)
- 1/2 cup flour
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 cup vanilla soymilk
- Pinch of salt
- Walnuts or peanut butter can be optional toppings.



### Directions:

1. Gather ingredients and utensils you may need.
2. Peel two bananas and place in a medium size mixing bowl, add the egg and smash with a fork until all ingredients are mixed together.
3. Add vanilla and soymilk to complete the wet ingredients, mix until combined.
4. Add oats, flour, baking powder, cinnamon and salt and mix ingredients until they form a loose batter.
5. Heat the griddle or non-stick pan to medium. Allow to come up to temperature and scoop batter out into medium size pancakes (approx. 1/3-1/2 cup scoops.)
6. Allow pancake to begin to bubble on the edges and flip with a spatula to finish the other side.