



BANANA PANCAKES

Final Lifestyle

INGREDIENTS

2/3 cup rolled oats or oat flour
2 ripe medium-sized bananas
2 large eggs
1 TBS honey
1 TSP baking powder
1/4 TSP salt
1 TSP vanilla
1/2 TSP cinnamon
1 TSP to 1 TBS unsweetened almond milk, as needed
1-2 TSP coconut oil or other oil for frying (you can also use cooking spray)

INSTRUCTIONS

—In a blender or food processor, process the oats in short 10 second bursts until they're a fine powder. Add the remaining ingredients except for the almond milk and process until smooth. If batter appears too thick, add up to 1 TBS of almond milk. Pour batter into a large bowl.

—Preheat an electric griddle to 350F degrees or heat a large frying pan on medium heat, and melt 1-2 TSP of oil in the pan. For each pancake, pour approximately 1/4 of batter onto the pan or griddle. Allow to cook for 2-3 minutes, then flip onto the other side and cook for an additional 2-3 minutes.

SERVING INFO: (Yields 4 servings):

1 serving = 2 pancakes = 1 FR, 1 G