



## **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):

2 pancakes = 1 FR, 1 G