

OATMEAL BANANA PANCAKES

Prep Time: 10 minutes

Cook Time: 10 minutes

Included in Box:

- ½ c. oats, uncooked
- ¼ c. 1% milk

Additional Ingredients Needed:

- 1 medium banana, mashed
- 1 egg, beaten
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ½ tsp vanilla extract

Directions:

1. Mash banana in medium bowl. Add egg, 1% milk and vanilla extract; mix well to combine.
2. In separate bowl, combine oatmeal, baking powder and cinnamon. Mix to combine.
3. Add dry ingredients to banana mixture; stirring to combine.
4. Add 3 T of batter (per pancake) to skillet over medium high heat. Cook for 3-4 minutes, or until golden. Flip and repeat.

Tip: Top with fresh fruit and peanut butter for extra flavor and nutritional value! Serve with sugar free or lite (maple) syrup.



Nutrition Facts*

Total Servings: 2
Serving Size: 3, 4" pancaks
Calories: 185
Fat: 4 g
Sodium: 263 mg
Carbohydrates: 30 g
Fiber: 4 g
Protein: 7 g
Carbohydrate Servings: 2

**Nutrient facts include dry instant oats, 1% milk, 1 medium banana, 1 large brown egg (raw), double acting baking powder, vanilla extract, and ground cinnamon.*