

Banana Oat Pancakes

Swick

Serves 1 | Active Time: 20 minutes | Total Time:

Step 1: Make Pancakes

- 1 cup regular cooking oats
- 2 cups oat milk
- 1 cup almond flour
- 1/2 cup of mashed or pureed banana
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 medium ripe banana

Add oats to a high-speed blender and pulse until a coarse flour forms.

Add all the other ingredients to the blender and blend, lid on, until batter is smooth.

Spray a large non-stick skillet with cooking spray. Heat pan over medium heat.

When the pan is hot, begin cooking pancakes, working in batches.

Pour approximately 1/4 cup of batter into the pan for each pancake and cook until the pancake bottom is golden brown (check by lifting up an edge of the pancake with a spatula) and the bubbles in the pancake begin to pop and leave open holes, about 90 seconds.

Flip and cook on the other side for another 60-90 seconds, or until both sides are golden brown.

Repeat until all the batter is gone.

Serve pancakes with salted butter, sliced banana, pure maple syrup, and cinnamon.