

BANANA OAT PANCAKES

Servings: 5-6 pancakes

Prep time: 20 mins

Cook time: 25 mins

Total time: 45 mins

EQUIPMENT:

- Measuring cups
- Measuring spoons
- Blender or food processor
- Large mixing bowl
- Large spoon
- Medium pan
- Ladle
- Spatula
- Cooling rack or plate
- Freezer bag

INGREDIENTS:

- 1 medium ripe banana (best with brown spots)
- 2 eggs
- 1/2 cup egg whites
- 1 cup rolled oats
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt (optional)
- 1-2 scoops whey isolate protein powder
- 2 tbsp ground flaxseeds
- 1/3 cup whole wheat flour
- 3 tsp extra-virgin olive oil, for cooking
- 1/2 cup fresh or frozen blueberries
- Natural peanut butter, almond butter or 100% pure maple syrup, for serving

STORAGE:

- Place pancakes in a freezer bag and store in the refrigerator for up to 1 week or in the freezer for up to 3 months.
- To re-heat: Microwave each pancake for 30 secs and then pop in the toaster to make it crispy.

NUTRITION FACT:

Whey isolate is the purest form of protein powder and is a great supplement to help you meet your daily protein needs!



DIRECTIONS:

1. Add banana, eggs, egg whites, oats, baking powder, cinnamon and salt to a blender or food processor and blend on high until completely smooth, about 30 seconds to 1 minute.
2. Pour batter into a large mixing bowl. Add whole wheat flour to thicken batter and mix with large spoon.
3. Heat a medium pan over medium heat. Add 1 tsp olive oil.
4. Once pan is hot, add 1 ladle of batter to the pan and 5-6 blueberries. Cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
5. Flip pancake and cook until golden brown on underside. If you find that pancakes are browning too quickly then you need to lower the heat. I normally start on medium heat, then decrease to medium low later so that my pancakes don't burn.
6. Repeat with more olive oil, remaining batter and blueberries. Place cooked pancakes on cooling rack.
7. Serve with natural peanut butter, almond butter or 100% pure maple syrup