



OATMEAL AND BANANA PANCAKE

15 minutes

25 minutes

8 portions

INGREDIENTS

- 70 grams of cereal, hot, oats, quick, dry, Quaker
- 180 grams of wheat flour, whole-grain
- 1 tsp of leavening agents, baking powder, low-sodium [5 g]
- 20 grams of sugars, brown
- 2 grams of sodium bicarbonate
- 3 medium units of egg, whole, raw, fresh [132 g]
- 500 grams of milk, fluid, nonfat, calcium fortified [fat free or skim]
- 60 grams of butter, 82% fat, unsalted
- 4 medium units [7" to 7-7/8" long] of bananas, raw [472 g]
- 2 grams of salt, table

COOKING METHOD

- 1° Mix oats, flour, baking powder, sugar, salt and baking soda together
- 2° Beat the eggs, add the milk, add to the crushed banana
- 3° Mix with the flour and add melted butter at last
- 4° Bake in non stick pan, make sure you spray the pan with coconut oil before placing the batter
- 5° You can eat with some maple syrup, or with plain non fat soy or regular yogurt and berries

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (180 g)	% DRI
ENERGY	152 kcal	274 kcal	14 %
FAT	5 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	3 g	5 g	25 %
CHOLESTEROL	44 mg	79 mg	26 %
SODIUM	125 mg	225 mg	9 %
CARBOHYDRATE	23 g	41 g	14 %
SUGARS	7 g	13 g	—
FIBER	3 g	5 g	19 %
PROTEIN	5 g	9 g	—