



BANANA PANCAKES

Bananas and oats are great sources of protein and making these protein pancakes is as easy as it gets. Great for breakfast and snacks!

 5 minutes

 10 minutes

 4.6 portions

INGREDIENTS

- 1 cup of oats [156 g]
- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 2 medium units of egg, whole, raw, fresh [88 g]
- 1 level teaspoon of pepper, black [2 g]
- 1 small unit of bananas, flesh only [80 g]
- 1 dash of salt, table [0 g]

COOKING METHOD

- 1° Run everything through the blender on medium-low speed until very well mixed.
- 2° Heat a nonstick griddle to medium-high heat. Add batter in small circles – about 1/4 cup per pancake.
- 3° Sprinkle with blueberries or chocolate chips if you want.
- 4° When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING [90 g]	% DRI
ENERGY	212 kcal	191 kcal	10 %
PROTEIN	10 g	9 g	17 %
CARBOHYDRATE	34 g	31 g	12 %
SUGARS	6 g	5 g	6 %
FAT	5 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
FIBER	5 g	5 g	18 %
SODIUM	69 mg	62 mg	3 %