



## BANANA PANCAKES

 10 minutos

 1 porción

### INGREDIENTES

- 1/4 cup of low-fat milk or plant-based milk (60g)
- 2 tablespoons of rolled oats (26 g)
- 3/4 of a medium-sized banana (90g)
- 1 large whole raw chicken egg (65g)

### MÉTODO DE PREPARACIÓN

- 1º Blend all ingredients. Cook on both sides like pancakes. Use a greased pan or a pancake mold. Serve with fresh fruit and/or sugar-free syrup.

### INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN (241 g)	% DDR
ENERGÍA	117 kcal	282 kcal	14 %
GRASA	4 g	10 g	15 %
GRASAS SATURADAS	1 g	2 g	9 %
COLESTEROL	110 mg	265 mg	88 %
SODIO	53 mg	129 mg	5 %
H. CARBONO	16 g	39 g	13 %
AZÚCARES	5 g	13 g	—
FIBRA ALIMENTARIA	2 g	5 g	18 %
PROTEÍNA	5 g	12 g	—