



Banana Oat Pancakes

INGREDIENTS

- 2 medium ripe bananas
- 2 cups old-fashioned rolled oats
- 1 1/4 cups unsweetened soy milk
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1 tsp vanilla

METHOD

- 1** First, add the old-fashioned rolled oats to a high-speed blender or food processor. Blend until a flour forms. Peel the ripe bananas.
- 2** Add the ripe bananas, unsweetened soy milk, baking powder, cinnamon, and vanilla to the blender with the oat flour. Blend until the batter is smooth. The batter should be thick but pourable.
- 3** Heat a large skillet over medium heat. Pour about 1/3 cup of batter into the skillet for each pancake. Cook until bubbles form, about 2-3 minutes. Flip and cook another 1-2 minutes, until both sides are golden brown.
- 4** Serve warm with fresh fruit, nuts, or maple syrup in moderation. Alternatively, serve with natural peanut butter, unsweetened applesauce, and cinnamon.