



Banana Oat Pancakes

Enjoy this fun and healthy recipe brought to you by The Early Childhood Team



SERVINGS

15 Mini Pancakes



TIME

16 Minutes



DIFFICULTY

Medium



CALORIES

82 kcal

INGREDIENTS

- 3/4 cup - Old Fashioned Rolled Oats (quick oats can be substituted)
- 1 - Ripe Banana
- 1 - Egg
- 1 - Pinch of Cinnamon
- 1/4 cup - Milk (can use any milk)

NOTES

If the batter is too thick, slowly add milk to thin.

Make ahead of time and store them in the freezer for an easy grab and go breakfast.

Serving: 3 Mini Pancakes |
Calories: 82 kcal

DIRECTIONS

1. Place all ingredients into a blender and blend until smooth.
2. Pour batter onto a warm, greased skillet, about 1 Tablespoon of batter for each pancake to keep them small.
3. Cook until the batter starts to form little bubbles and you can easily get under the pancake with a spatula.
4. Flip pancake and cook for another 1-2 minutes or until pancake is cooked through.
5. Serve whole or break into pieces for tiny hands. You can serve these plain, with a little nut butter or yogurt spread on top or with a fruit puree to dip the pancakes in.
6. Cool the pancakes completely on a wire rack before storing in an airtight container.
7. Refrigerate for up to 5 days or freeze for up to a month.