



Banana-Oatmeal Protein Pancakes

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 batch

Ingredients

- 1 medium to large ripe banana
- 2 eggs
- $\frac{1}{3}$ cup old fashioned (rolled) or quick-cooking oats
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon cinnamon, to taste
- 1 teaspoon extra-virgin olive oil

Directions

1. Put the banana in a medium mixing bowl and mash with a fork.
2. Add the eggs and mix with the fork until well combined.
3. (Optional) Put the oats in a blender or food processor and blend until finely ground (skip this step if using quick-cooking oats).
4. Add the oats and cinnamon to the banana mixture. Stir to combine.
5. Heat a medium or large nonstick skillet over medium heat.
6. Add the oil and heat until shimmering.
7. Working $\frac{1}{4}$ cup at a time and around the perimeter of the skillet, portion the mixture into the pan, leaving at least $\frac{1}{2}$ inch between each portion of batter.
8. Cook on one side until golden-brown, about 1-3 minutes.
9. Flip all of the pancakes over and cook on the other side until golden-brown, about 1-2 minutes.
10. Repeat steps 7-9 with any remaining batter.
11. Serve warm, topping as desired

Nutrition Facts Per Serving: Calories: 470 | Total Fat: 26 g | Saturated Fat: 5.5 g
Sodium: 145 mg | Total Carbohydrate: 46 g | Dietary Fiber: 6 g | Protein: 18 g

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