

3 Ingredient Banana Pancakes

A simple, quick, and filling pancake recipe that uses those spotty bananas you forgot about.

PREP TIME: 5 minutes

COOK TIME: 10 minutes

Makes 12-14 small pancakes

Vegan, gluten free

INGREDIENTS

- ❑ 1 cup rolled oats
- ❑ 2 medium spotty bananas
- ❑ ½ cup non-dairy milk (almond, oat, soy, etc.)
- ❑ *Optional:* 1 tsp cinnamon
- ❑ *Optional:* 1 tsp baking powder to make them fluffy!
- ❑ *Optional:* 1 Tbsp flax meal

INSTRUCTIONS

1. If you have a blender, blend your rolled oats to make an oat flour. If you don't have a blender, leave them whole! Your pancakes won't be as fluffy but they will still be delicious!
2. In a bowl, mash your bananas with a fork until smooth.
3. If using cinnamon and/or flax meal, add them to the bananas and mix
4. Add in your oats or oat flour with optional baking powder and mix until a pancake batter forms. Adjust thickness with more or less milk
5. Place a non-stick pan over medium heat. (If not non-stick spread a little oil on the pan)
6. Pour batter into the pan. As soon as the pancakes are cooked enough that you can get a pancake flipper underneath, flip and cook an additional minute.
7. Repeat for the remaining batter.
8. Serve with maple syrup, peanut butter, fruit, and/or nuts!



Photo credit: Simple Vegan Blog