






BANANA PANCAKES

Bananas and oats are great sources of protein and making these protein pancakes is as easy as it gets. Great for breakfast and snacks!

-  5 minutes
-  10 minutes
-  4.6 portions

INGREDIENTS

- 1 cup of oats [156 g]
- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 2 medium units of egg, whole, raw, fresh [88 g]
- 1 level teaspoon of pepper, black [2 g]
- 1 small unit of bananas, flesh only [80 g]
- 1 dash of salt, table [0 g]

COOKING METHOD

- 1° Run everything through the blender on medium-low speed until very well mixed.
- 2° Heat a nonstick griddle to medium-high heat. Add batter in small circles – about 1/4 cup per pancake.
- 3° Sprinkle with blueberries or chocolate chips if you want.
- 4° When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.

NUTRITIONAL INFORMATION

| | PER 100 g | PER SERVING [90 g] | % DRI |
|------------------------------|-----------|--------------------|-------|
| ENERGY | 212 kcal | 191 kcal | 10 % |
| PROTEIN | 10 g | 9 g | 17 % |
| CARBOHYDRATE | 34 g | 31 g | 12 % |
| SUGARS | 6 g | 5 g | 6 % |
| FAT | 5 g | 4 g | 6 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 1 g | 5 % |
| FIBER | 5 g | 5 g | 18 % |
| SODIUM | 69 mg | 62 mg | 3 % |