



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

 8.8 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) or 100 grams of linseed
- 1 scoop of protein powder, YOUR BRAND (25 g)
- 1 teaspoon of oil, olive (3 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 2 SERVINGS (90 g)	% DRI
ENERGY	275 kcal	248 kcal	12 %
PROTEIN	15 g	13 g	26 %
CARBOHYDRATE	34 g	31 g	12 %
SUGARS	4 g	4 g	4 %
FAT	9 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
FIBER	9 g	9 g	34 %
SODIUM	40 mg	36 mg	2 %