



OATMEAL BANANA BLENDER PANCAKES (GLUTEN FREE, DAIRY FREE)

This quick oatmeal-banana blender pancakes recipe is the answer to your pancakes cravings when you have no time in the morning. Gluten and dairy free, they can also be refined sugar-free if desired.

🕒 5 minutes

🕒 15 minutes

🍴 8 portions

INGREDIENTS

- 1 cup (90g) of gluten-free rolled oats (156 g)
- 2 large bananas, sliced (272 g)
- 1 large egg, [50 g]
- 1/2 tsp of , cinnamon, ground (1 g)
- 1 tbsp of honey (21 g)
- 1 tablespoon of vegetable oil, neutral in taste (14 g)

COOKING METHOD

- 1° Place rolled oats in a blender and mix until you get a sandy texture.
- 2° Add bananas, egg, cinnamon and honey, and mix until smooth.
- 3° Add vegetable oil to a pan or skillet over medium heat.
- 4° Pour in about a ¼ a cup of batter per pancake and cook until just set on top and golden underneath. Flip over and cook for one more minute. Repeat with the remaining batter until all pancakes are ready.
- 5° Top with more banana, maple syrup, nuts or desired toppings and serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (64 g)	% DRI
ENERGY	215 kcal	138 kcal	7 %
FAT	6 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	3 g	2 g	9 %
CHOLESTEROL	36 mg	23 mg	8 %
SODIUM	15 mg	10 mg	0 %
CARBOHYDRATE	36 g	23 g	8 %
SUGARS	10 g	6 g	—
FIBER	5 g	3 g	12 %
PROTEIN	7 g	4 g	—