

Banana Pancakes

Servings: 3

RECIPE BOX

INGREDIENTS

3 EGGS
1 BANANA, RIPE (RIPE = SWEET)
3/4 CUP ROLLED OATS
1/4 CUP UNSWEETENED APPLESAUCE
1 TSP VANILLA
1/2 TSP CINNAMON
1/4 CUP SLICED STRAWBERRIES
1 TBSP SLICED ALMONDS



DIRECTIONS

STEP 1: Blend oats in a blender or food processor to grind into smaller pieces. Add remaining ingredients and mix until completely blended. Heat lightly greased (ghee, coconut oil, etc.) griddle or pan on medium heat.

STEP 2: Scoop 1/3 batter and place on pan. Cook until brown (approx. 2 minutes), flip and brown other side.

STEP 3: Top with fruit and almonds- can be made in advance or served immediately! You can also top with a smear of peanut butter (read label to look for added sugars).

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 224, Fat 8g, Carbs 30g, Fiber 6g, Sugars 8g, Protein 10g

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