

Oatmeal blender pancakes

Makes 8 pancakes

Ingredients:

1.5 cups rolled oats
2 teaspoons baking powder
1 teaspoon cinnamon
2 ripe bananas
1 tablespoon sugar or maple syrup
1 egg
1 cup milk of choice (dairy, soy, almond, etc)
1 teaspoon vanilla
Pinch of salt
Oil, butter or margarine for cooking



Optional toppings: maple syrup, honey, sliced banana, mixed berries, yogurt, sliced almonds.

Instructions:

Add all ingredients except oil to blender and blend until smooth.

Add oil to pan over medium heat. Pour about 1/3 cup batter per pancake and cook until bubbles form in pancake, then flip. Cook an additional minute or until desired brownness.

Add any optional toppings and serve warm.

Nutrition (per 2 pancakes): 170 calories, 3.5g fat, 324mg sodium, 28g carb, 3.3g fiber, 7.4g protein



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