

Banana Pancakes

Serving Size: 2 pancakes | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 2 -3 medium overripe bananas
- $\frac{2}{3}$ cup oat flour
- 4 large eggs
- 1 tsp butter for cooking

DIRECTIONS

- Mash bananas in a large bowl with a fork until smooth
- Add the eggs to the banana mixture
- Add the oat flour and mix
- Preheat a skillet on medium-low heat
- Scoop $\frac{1}{4}$ cup of batter onto the skillet. Cook for 2 minutes or until small bubbles form on the top
- Flip and cook for an additional minute, or until pancakes are golden brown.



Calories per serving: 170 kcal | 6 g total fat | 24 g total carbohydrates | 8 g protein