



Banana Oat Pancakes in a Blender ~ AllonZ!

3 servings

10 minutes

Ingredients

2 Banana (very ripe)
2 Egg
1/2 cup Unsweetened Almond Milk (or any other milk)
1 1/2 tsp Vanilla Extract
1 1/2 cups Oats
1 1/2 tsp Baking Powder
1/2 tsp Avocado Oil (or any oil of your choice)
1 tbsp Dark Chocolate Chips (for drizzling)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 320 |
| Fat | 9g |
| Carbs | 49g |
| Fiber | 6g |
| Sugar | 13g |
| Protein | 11g |
| Cholesterol | 124mg |
| Sodium | 321mg |
| Vitamin A | 314IU |
| Vitamin C | 7mg |
| Calcium | 254mg |
| Iron | 3mg |
| Vitamin B12 | 0.3µg |
| Magnesium | 85mg |

Directions

- 1 Place all ingredients in a blender, except for the chocolate chips and oil. Blend on high until mixture is smooth. It takes about 30 seconds, depending on your blender. Heat a pan over medium-high heat and, using a brush, coat the pan with avocado oil.
- 2 Scoop desired amount of batter into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. If you want chocolate chips on your pancake, now is the time to add them so that they can melt a little.
- 3 Repeat with the remaining batter. Rather than with chocolate chips, you can serve the pancakes with a little salted butter, a drizzle of maple syrup, or Greek yogurt and fresh berries.

Notes

Serving Size: This recipe yields about 6 large pancakes or 9 smaller ones. One serving is equal to approximately 2 large pancakes or 3 small ones.

Leftovers: Refrigerate in an airtight container for a couple of days. When ready to use leftover batter, add a little almond milk and mix with a fork until you get to the right consistency. Pancakes can also be frozen and reheated in the toaster.

Additional Toppings: Top with fresh fruit, nut butter, or jam.

Hearty Breakfast: To turn this into a well rounded breakfast, serve with a cup of berries or fresh fruits and a serving of Greek yogurt or kefir.