

Banana Oat Pancakes

Fluffy and naturally sweet banana oat pancakes perfect for a wholesome breakfast. These are quick to make and require minimal ingredients, making your morning delightful.



Breakfast Dish

15 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 ripe banana
- 1/2 cup rolled oats
- 1 egg
- 1/4 cup milk (dairy or plant-based)
- 1/2 tsp baking powder
- A pinch of salt
- 1/2 tsp cinnamon (optional)
- Butter or oil for cooking

Steps

- 1 In a blender, combine the banana, rolled oats, egg, milk, baking powder, salt, and cinnamon until smooth.
- 2 Heat a non-stick pan over medium heat and lightly grease it with butter or oil.
- 3 Pour small rounds of batter onto the pan and cook for 2-3 minutes until bubbles form on the surface.
- 4 Flip and cook the other side for another 2 minutes or until golden brown.
- 5 Serve warm with maple syrup or fresh fruit if desired.