

BANANA OAT PANCAKES

SERVE: 1 | PREP TIME: 5 MINUTES | COOK: 5-7 MINS

INGREDIENTS

- 1 medium banana
- 1 egg
- 1/4 cup milk
- 1 tsp vanilla extract
- 1/2 cup rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- Olive oil or coconut oil for cooking
- To serve: top with maple syrup, sliced strawberries and greek yoghurt



METHOD

- Add all of the pancake ingredients to a blender and blend on high until completely smooth, about 30 seconds
- Let the batter sit in your blender while you heat your pan up
- Lightly coat your pan with coconut oil or olive oil and place over a medium heat
- Once the pan is hot, pour the batter into the pan in small even-sized circles
- Cook each pancake for 2-4 minutes or until they slightly puff up and a few bubbles appear on the edges
- Flip the pancakes over and cook until golden brown on each side
- Repeat with the remaining batter
- This should make 4-5 pancakes for 1 person
- Serve topped with a spoonful of Greek yoghurt, sliced strawberries and a small drizzle of maple syrup.
- You can even pack the pancakes into a container to prepare breakfast in advance - enjoy them cold in the morning on your way to/from training or school/work