

Banana Oat Pancakes

Pancakes banane-avoine

15 min

Easy

350 kcal per serving

Breakfast

Vegetarian

Kids



Ingredients

FOR ONE SERVING

Banana <i>(Banane)</i>	2
Rolled oats <i>(Flocons d'avoine)</i>	100 g
Egg <i>(Œuf)</i>	2
Cinnamon <i>(Cannelle)</i>	1 tsp
Maple syrup <i>(Sirop d'érable)</i>	2 tbsp

Nutrition facts

PER SERVING

Calories	350
Protein	11 g
Carbohydrates	48 g
Fat	12 g
Fiber	4 g

Preparation

- 1 Add the rolled oats to a blender or food processor and blend until they form a fine flour.
- 2 Add the bananas, eggs, cinnamon, and maple syrup to the blender, then blend until smooth.
- 3 Let the batter rest for 2 to 3 minutes so the oats can soften a little.
- 4 Heat a nonstick skillet or griddle over medium heat.
- 5 Spoon small rounds of batter onto the hot surface and cook until the tops look set and the bottoms are golden.
- 6 Flip the pancakes and cook the other side until golden and cooked through.
- 7 Serve warm, with a little extra maple syrup if you like.

GOOD TO KNOW

If the batter seems too thick, add a small splash of water to help it blend and spread more easily.