



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
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Very Banana Pancakes

Makes 12 pancakes

Ingredients:

- 1 cup old-fashioned oats
- 1½ cups milk
- 1 cup whole-wheat flour or oat flour
- 1½ teaspoons baking soda
- ¾ teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 large eggs, lightly beaten
- 2 medium bananas
- Nonstick cooking spray, for greasing the griddle

Directions:

1. In a small bowl soak the oats in the milk for 10 minutes.
2. Meanwhile, combine the flour, baking powder, baking soda, salt, and sugar in a large mixing bowl.
3. Make a well in the center of the dry ingredients. Add the oat-buttermilk mixture and the beaten eggs to the dry ingredients and mix until just combined.
4. Mash the bananas and fold gently into the pancake batter.
5. Coat a large skillet or griddle with cooking spray and then heat it over medium heat.
6. Working in batches, ladle ¼ cup of the pancake batter onto the skillet or griddle. Cook until bubbles appear on surface and the underside is golden brown, about 1 minute. Flip the pancake with a spatula and cook it on other side, about 1 minute more. Repeat until all the batter has been used.