



# BANANA OAT PANCAKES

*with Date Syrup*

TOTAL PREP & COOK TIME: 30 MIN

SERVINGS: 3

## INGREDIENTS

- 2 cups old-fashioned rolled oats
- 1 large banana
- 1 cup milk or milk substitute
- \*2 whole eggs
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 teaspoon baking powder
- Parchment paper
- Pecan halves or pieces (optional)
- ½ cup pitted dates (8-10 small dates)
- ½ cup water

## DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit
2. Combine all ingredients except baking powder (including eggs or \*\*“flax eggs”\*\*) in blender and blend until smooth
3. Add baking powder and blend for 3-4 seconds
4. Pour the mixed batter onto parchment paper-lined baking sheet, smooth with back of spoon or spatula until equally distributed
5. Bake 8-10 minutes or until toothpick comes out clean from center. Let cool.
6. (Optional) Add pecans or desired toppings.
7. In a separate bowl, microwave ½ cup water for 2 minutes
8. Add dates to hot water and let sit for 10 minutes.
9. Transfer dates and water to blender and pulse on high speed until well blended

### MODIFICATIONS:

- \*Substitute 2 whole eggs with 2 tablespoons ground flaxseed mixed in 6 tablespoons of water (“flax eggs”). After preheating oven, mix ground flaxseed and water in a small bowl, then let sit for 5-10min
- Substitute date syrup with maple syrup
- Instead of baking, can cook pancake batter on saute pan.