



3-Ingredient Pancakes

Makes 4 Servings

Ingredients:

- 1 banana
- 2 eggs
- 1/4 cup oats
- Optional: 1/2 tsp cinnamon
- Optional: 1 pinch of salt

Directions:

- Mash the banana with a fork.
- Whisk in the eggs, oats, salt and cinnamon until smooth.
- Heat a teaspoon of cooking oil in a non-stick skillet over medium-high heat. Cook for about 2 minutes, until set. Cook on the other side for another 30 to 60 seconds.
- Serve with your favorite fruit or nut butter on top!

Nutrition Facts

4 servings per container

Serving size 1 Pancakes (1g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 65mg 3%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 4g 8%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.