

3-ingredient Banana Pancakes

Servings per recipe: 3-4 small pancakes

Calories per serving: 350

Cost per serving: \$1.80

Ingredients

1 banana

½ cup oats

1 large egg

1 tsp Cinnamon (for flavor)

To Serve

Fresh fruit, sliced

Sugar free syrup



Preparation

In a food processor, combine the banana, oats, egg, and cinnamon. Pulse until smooth.

Heat a cast iron pan, nonstick frying pan, or griddle over medium heat. Drop about 2 tablespoons of batter into the pan, creating small pancakes. Allow the pancakes to cook until small bubbles appear and begin to pop. Flip the pancakes and allow them to cook for another 1-2 minutes.

Serve pancakes topped with fresh fruit or sugar free syrup.