



JERNEJ KITCHEN

BANANA OAT PANCAKES - NO SUGAR ADDED

Quick, simple, healthy and delish.

MAKES 8 PANCAKES
PREPARATION: 15 MINUTES

BANANA OAT PANCAKES - NO SUGAR ADDED

180 g ripe bananas (2 small bananas)

2 eggs

pinch of salt

1 vanilla bean

140 g greek yogurt

180 g rolled oats

5 g baking powder

TOOLS AND EQUIPEMENT

Blender or immersion blender
bowl

non-stick frying pan

BLEND

In a blender, combine all the ingredients and blend until the mixture is smooth. Or you can blend everything in a bowl using an immersion blender.

TIP

[You can make the mixture one day ahead and store it in the fridge.](#)

PANCAKES

Place non-stick frying pan over medium heat. Add half teaspoon of fat (vegetable oil or coconut oil). Add a generous dollop of the batter into a pan and fry for about 3 - 4 minutes on each side, or until golden brown. We usually fry 4 pancakes at once, but that depends on the size of the pan and the pancakes.

SERVE

Serve your pancakes with a topping of your choice. Our favorite is: a generous dollop of greek yogurt, coconut flakes, berries and maple syrup (or honey). Enjoy.