

# Recipe for

## BANANA OATMEAL PANCAKES

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EQUIPMENT NEEDED Blender, stove top, skillet spatula

SERVES 3

ESTIMATED COST \$5.00-\$7.00

COST PER SERVING \$1.60-\$2.30

### INGREDIENTS

- 2 medium overripe banana, mashed
- 2 eggs
- 1 ½ cup rolled oats
- 2 tbsp chia seeds (optional)
- ½ cup milk of your choice
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1 tsp cinnamon, ground
- Dash of salt
- 2 tbsp cooking oil (e.g. coconut, canola, grapeseed, olive) (for the skillet)

### METHOD OF PREPARATION

1. Add the bananas, eggs, rolled oats, chia seeds, milk, baking soda, vanilla, cinnamon, and salt into a blender. Blend until smooth. Set aside.
2. Lightly coat a skillet with oil. Once the pan is hot add ¼-½ cup batter, depending on your preference for size. Cook the pancakes for 2-3 minutes per side. When you start to see bubbles around the edges on the pancake, it is time to flip.
3. Repeat until all the batter is used up.
4. Turn off the stove and enjoy!

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### NUTRITION INFORMATION

#### Nutrition Facts

Serving size: 3 pancakes

Servings: 3

Amount per serving

**Calories** **333**

% Daily Value\*

**Total Fat** 17g 22%

Saturated Fat 9.1g 45%

**Cholesterol** 109mg 36%

**Sodium** 62mg 3%

**Total Carbohydrate** 40.4g 15%

Dietary Fiber 8.4g 30%

Total Sugars 13.2g

**Protein** 9.9g

Vitamin D 10mcg 52%

Calcium 155mg 12%

Iron 3mg 16%

Potassium 413mg 9%

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

### HEALTH BENEFITS

**Chia seeds:** Chia seeds are packed with omega-3 fatty acids, fiber, manganese, and iron. Omega-3 fatty acids have anti-inflammatory properties and have been shown to boost cognitive health. Try adding chia seeds to cereal or oatmeal, cookies, or bread.

### HEALTH BENEFITS

**Oats:** Oats are a whole grain and packed with manganese, magnesium, phosphorus, iron, and B vitamins. Oats contain a phytonutrient called avenanthramides, which has been shown to reduce blood pressure. In addition, oats contain beta-glucan, which is a type of fiber that helps modulate insulin response. Try oats in oatmeal, granola, or homemade granola bars.



#### References:

1. Recipe provided by Kristin Schaefer

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