



CRAVING HEALTH
DIETITIAN & WELLNESS SERVICES
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Banana Oatmeal Pancakes

Why not have breakfast for dinner (B-4-D)? Did you know that oatmeal contains soluble fibre, which helps to lower blood cholesterol? Top these off with sliced bananas and your favourite pancake topping, and pair it with a glass of milk or fortified soy beverage and you're set for a satiating meal.

Yield: 8 pancakes

Prep time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

- 1 cup of oatmeal
- 1 egg
- 1 tsp of baking powder
- 1 tsp of cinnamon
- ½ cup of milk
- 1 tbsp vegetable oil
- 1 Banana (for topping)



INSTRUCTIONS

1. Place oatmeal in a food processor and process until oats are a finer but still have some sizable lumps.
2. Add the remaining ingredients into the food processor and blend until smooth.
3. Using a quarter cup measure, scoop batter onto a hot oiled pan or griddle.
4. Top with bananas and maple syrup or your favourite pancake topping!

Recipe courtesy of Dietetic Intern, Jennifer Alexandra Villalta

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5 Secrets for Healthy Eating Success?**
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