**Banana Oat Pancakes**

**Ingredients**

1 egg  
1/2 banana, mashed  
1/2 cup rolled oats

**Directions**

1. Crack your egg into a small bowl and whisk  
2. Add in mashed banana and rolled oats  
3. Stir to combine  
4. Spray a heated skillet with cooking spray  
5. Pour one half of your batter onto your skillet, flipping after about 1 minute.  

Makes 2 pancakes

**Nutrition information per serving**  
(2 tablespoons):  
92 calories, 4g fat, 3g protein  
12g carbohydrates, 128mg sodium