

Banana Oat Pancakes

IOWA

Student Wellness

Ingredients

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



Makes: 2 pancakes

Directions

1. Crack egg into small bowl and whisk
2. Add in mashed banana and rolled oats
3. Stir to combine
4. Heat a skillet and spray with cooking spray
5. Pour one half of batter onto your skillet, cook until slightly browned on both sides, flipping after 1 minute