

Blender Banana Oat Pancakes

makes 12-16 pancakes

Ingredients:

2 cups rolled oats
1 1/4 cups milk (nut or raw dairy)
1 ripe banana
1/2 teaspoon cinnamon
1 tablespoons maple syrup
1/2 teaspoon sea salt
1 teaspoon vanilla extract
2 teaspoons baking powder
1 egg

butter or coconut oil for cooking



Directions:

1. Place all ingredients, except egg and cooking oil in a blender and blend until smooth. Add egg and blend a few seconds more.
2. Let stand 10 minutes or longer to thicken batter.
3. If batter becomes too thick to pour easily, add some milk.
4. Heat oil in frying pan or skillet.
5. Pour batter, by 1/4 - 1/2 cup, into pan and cook for 2-3 minutes on each side.

These pancakes are gluten free (if oats are carefully sourced) and make wonderful use of a grain flour other than wheat.

Try adding chopped walnuts to the pancake batter.

Add blueberries or dark chocolate chips.

Add more milk for thin, crepe style pancakes.

Notes: