

Flourless Banana Pancakes

INGREDIENTS:

For a big batch!! You can make them and freeze leftovers

3 cups of rolled oats

¾ cup any type of milk

3 large, ripe, bananas

6 TSPS baking powder

¼ TSP table salt

½ TSP cinnamon and or nutmeg if available

3 TBLS apple cider vinegar or lemon juice

3 TBLS maple syrup

3 TSPS vanilla

OPTIONAL ADD-INS: chocolate chips, fresh or frozen berries, a few tablespoons of peanut butter 1/4

DIRECTIONS:

1. If a blender is available combine the oats, milk, baking powder, salt, vinegar, syrup and vanilla and blend until smooth. Then add the bananas and blend just until combined. OR mash the bananas by hand and then using a fork mix in the other ingredients. Blend as smoothly as possible.
 2. Let rest for 10 minutes to thicken.
 3. Preheat a nonstick pan over medium-high heat. Lightly coat the pan with oil or butter and pour in about ¼ cup of batter. Add chips or berries before flipping. Flip when bubbles appear all over the pancake. Serve with fresh fruit and syrup.
- NOTE: you can make a blueberry syrup with a bag of frozen berries and ¼ cup sugar. Place in a small saucepan and gently boil until thickens. Add lemon juice if available.