

Banana Blender Pancakes

Serves 4

Adapted from *maybeiwill.com*



VEGETARIAN



DAIRY FREE



Ingredients

- 2 cups rolled oats
- 1 ¼ cup unsweetened almond milk
- 1 banana
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 large egg
- 1 ½ teaspoons baking powder
- 2-3 teaspoons oil such as canola or coconut

Directions

1. Combine all ingredients except oil in blender and puree until fairly smooth.
2. Heat 1 teaspoon of oil in a large nonstick pan or griddle over medium heat.
3. For each pancake, spoon about ¼ cup of batter into the pan and spread with the back of the spoon to make it round.
4. Cook until the bottom edges start to brown a bit, 1-2 minutes, then carefully flip with a spatula. Continue cooking until underside is browned, 1-2 minutes more.
5. Remove from pan and continue steps 3-4 with remaining batter, adding more oil to the pan as needed.
6. Serve with bananas, peanut butter, or other toppings.

Notes

Featured Kitchen Tools:

- Blender – Blend the ingredients and pour directly into pan/griddle to cook.

Caramelized bananas make a delicious topping and can be made without added sugar. In a small pan, heat about 1 teaspoon of canola or coconut oil over medium heat. Add 1 banana, sliced. Cook, stirring occasionally, until golden brown and caramelized.

Recipe from Practical Kitchen Tools cooking class, Spring 2017