

# Banana Oat Pancakes

RELIEF FROM NAUSEA

5 Min. Prep | 5 Min. Cook  
Makes 1 Serving

## Ingredients

- 1 banana, peeled
- 1 egg
- 2 Tbsp. gluten-free oat flour
- 2 tsp. peanut butter
- 1 tsp. maple syrup
- 2 tsp. warm water
- 1 Tbsp. pumpkin seeds

## Directions

1. Add banana, egg, and oat flour to a blender or food processor and blend until smooth. Or mash banana well until no chunks remain and mix in egg and oat flour by hand.
2. Heat a nonstick skillet over medium heat. To test if the skillet is hot enough, flick some water on the skillet. If the water sizzles, it's ready.
3. Dollop batter onto skillet. Flip when the edges are dry and the top is covered with bubbles. If the bottom of your pancake is too dark, turn the heat down.
4. Whisk together peanut butter, maple syrup, and warm water.
5. Drizzle peanut sauce on pancakes and top with pumpkin seeds.



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## Notes

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Pancakes can be made ahead and frozen.

Grind old fashioned oats in a blender to make a fine oat flour!

Additional benefits:

- Helps to reduce cholesterol.
- Good source of fiber to promote healthy digestion.
- Rich in protein to support your energy needs.

## Nutrition Info

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361 calories, 15g protein, 16g total fat, 4g saturated fat, 113mg sodium, 44g carbs, 5g fiber, 4g added sugars

