

Banana Pancakes

Ingredients:

- 4 medium ripe bananas (best when they have lots of brown spots)
- 4 eggs
- 1 cup unsweetened almond milk
- 2 teaspoons vanilla extract
- 3 cups old fashioned oats
- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- Olive oil spray for cooking

Directions

1. Add all of the ingredients to a blender and blend on high until completely smooth, about a minute. Let the batter sit in your blender while you heat your pan up. I like to use my electric skillet for these because I can cook more at once.
2. Lightly coat a skillet or pan with olive oil spray and heat on medium.
3. Once pan is hot, add 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
4. Flip cakes and cook until golden brown on underside for another 2 minutes.
5. Remove from heat. If you are freezing, let cool completely, and then place in a large ziplock bag, and freeze, laying flat. To reheat, wrap in damp paper towel and microwave for about a minute and a half.
6. I topped with fresh banana, strawberries and walnuts- it was so crunchy and delish! And of course, some pure maple syrup.

MADE WITH LOVE

by Teresa Forchard