



Oatmeal and Banana Dairy-Free Pancakes



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 banana — with a fork ripe mashed
- ☐ 2 tablespoons brown sugar
- ☐ 2 eggs — beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup grapeseed oil [for soy-free]
- ☐ 2 cups oat milk
- ☐ 1.5 cups old-fashioned rolled oats

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup wheat germ
- ☐ 0.5 cup flour whole wheat

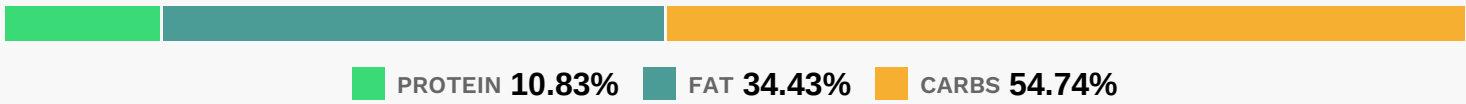
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In bowl, pour milk over rolled oats; let stand for 5 to 10 minutes.In another bowl, stir together flours, wheat germ, sugar, baking powder, and salt.Beat eggs, oil, and banana together; add to dry ingredients along with milk/oats mixture, stirring just until mixed (if batter is too thick, add a little more milk).
- ☐ Heat a large greased skillet over medium to medium-high heat or a griddle to 350°F.
- ☐ Pour in about 1/4 cup batter for each pancake and cook for about 3 minutes or until bubbles on top break but do not fill in, and bottoms are golden and set.Turn over and cook for about 30-60 seconds longer, or until nicely set and golden brown.Hold pancakes in a 200°F oven until ready to serve.

Nutrition Facts



Properties

Glycemic Index:82.69, Glycemic Load:27.14, Inflammation Score:-7, Nutrition Score:27.548695647198%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 515.6kcal (25.78%), Fat: 20.25g (31.16%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 72.46g (24.15%), Net Carbohydrates: 64.66g (23.51%), Sugar: 19.26g (21.4%), Cholesterol: 81.84mg (27.28%), Sodium: 701.87mg

(30.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.67%), Vitamin D: 49.7µg (331.32%), Manganese: 2.87mg (143.35%), Selenium: 36.17µg (51.68%), Calcium: 393.77mg (39.38%), Phosphorus: 371.63mg (37.16%), Vitamin B2: 0.56mg (32.85%), Vitamin B1: 0.49mg (32.74%), Fiber: 7.8g (31.21%), Iron: 4.73mg (26.29%), Vitamin K: 26.21µg (24.96%), Magnesium: 95.09mg (23.77%), Folate: 81.42µg (20.36%), Zinc: 2.82mg (18.8%), Vitamin B6: 0.34mg (16.99%), Copper: 0.3mg (15.11%), Vitamin B3: 2.72mg (13.58%), Potassium: 449.11mg (12.83%), Vitamin B5: 1.11mg (11.05%), Vitamin E: 1.62mg (10.79%), Vitamin A: 385.08IU (7.7%), Vitamin B12: 0.2µg (3.26%), Vitamin C: 2.57mg (3.11%)