

4-Ingredient Flourless Banana Nut Pancakes

Cooking Instructions

1. Mash a banana with a fork in a medium-sized bowl until smooth. Add egg and oats to the banana and mix well.
2. Heat a large nonstick skillet over medium-low heat.
3. Pour out batter to make pancakes. Cook for about 3-4 minutes, turn, and cook for another 3-4 minutes or until golden brown.
4. Top with syrup and pecans or other desired nuts.

Recipe

- 1 medium ripe banana (the riper the better!)
- 2 tbsp quick oats
- 1 large egg, beaten
- 2 tbsp nuts

Grocery List (add optional toppings to list as desired)

Produce

- Banana

Canned Goods/Grocery

- Quick Oats
- Eggs
- Nuts
- Syrup