

HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

Banana Oatmeal Blender Pancakes



Ingredients

- 2 ¼ cups rolled oats
- 1 cup coconut milk
- 2 large ripe bananas
- 1 tablespoon of honey or maple syrup
- 1 large egg
- ¼ teaspoon sea salt
- ½ ground cinnamon
- 1 teaspoon pure vanilla extract
- 1 ½ teaspoon baking powder
- Coconut oil

Instructions

1. Place all ingredients in the blender and blend on high until completely mixed together and oats have broken down, about 1-2 minutes.
2. Heat a griddle or pan over medium-low heat and melt a teaspoon or two of coconut oil. Once the pan or griddle is hot pour or scoop ¼ cup of the batter onto a pan. Cook 2-3 minutes on both sides and serve hot, garnish with extra bananas or fresh fruit or icing sugar.

Buon Appetito!!