

BANANA PANCAKES

COOKING TIME: 15 MIN

MAKES 1 SERVING

Ingredients:

1 banana, ripened

2 eggs

1/4 cup oatmeal

Salt, 1 pinch

Cinnamon, 1 pinch

1 spoon nut butter (optional)



Directions:

Mash the banana with a fork.

Whisk in the eggs, oats, salt and cinnamon until smooth.

Add the nut butter and swirl into the batter (optional).

Heat oil/butter in a non-stick skillet over medium-low heat.

Cook for about 2 minutes, until set. Cook on the other side for another 30 seconds.