

# Banana Oat Pancakes

Serves: 1 | Vegetarian | Breakfast



## INGREDIENTS

1 banana roughly chopped  
¼ cup oats  
1 egg  
½ tsp baking powder  
1 tbsp ground flaxseed  
Pinch of salt

## To Serve

Walnuts  
Berries  
Maple syrup

## METHOD

1. Blend all ingredients with stick blender or food processor/blender.
2. Melt butter or coconut oil in frypan and cook batter until bubbles appear on one side, then flip.
3. Serve with fresh berries, any nuts and a drizzle of maple syrup or honey.

### Tip

A quick and easy nourishing breakfast to keep you full all morning.

Make sure your pan is greased and heated well or the pancakes will stick and won't turn easily. I use a heavy cast iron pan, you could also use a non-stick one.