

Nutritious and Delicious Oatmeal Banana Pancakes

Erika Waz, Kids Cuisine and Tummy Treasure - I have tried many a pancake recipe over the last few years. It seems like I am always trying to find new ways to squeeze extra vitamins and nutrients into my kids, and pancakes are such an easy thing to change up on a whim. I've been playing around a bit with the perfect oatmeal pancake, because oatmeal by itself is a favorite in our household. This one, I daresay, is the hands down winner so far. We all love these pancakes — the lovely nutty-oat flavor combined with the sweetness of the banana makes it a perfect breakfast, lunch, dinner, or snack.

Make sure you allow plenty of time for the oats to do their soaking. Serve with extra sliced bananas, and warm maple syrup, if desired.

Oatmeal and Banana Pancakes

2 cups rice, almond, or oat milk
1 1/2 cups old-fashioned rolled oats
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1/4 cup wheat germ
2 tablespoons brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
2 eggs — beaten
1/4 cup vegetable oil
1 ripe banana — mashed with a fork

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. Erika Waz runs her blog Tummy Treasure, which focuses on food and family. While her original pancake recipe used milk, she assured us that almond, rice, or oat milk will work equally well.