



## BANANA OAT PANCAKES<sup>o</sup>

**SERVES:** 8 (1 pancake each) **Prep Time:** 15 min. **Cooking Time:** 16 min.

**CONTAINER EQUIVALENTS** (per serving): 1 ½



**1 cup** unsweetened almond milk  
**2** large eggs  
**1** large ripe banana  
**1 tsp.** pure vanilla extract  
**1 tsp.** baking powder, gluten-free  
**½ tsp.** ground cinnamon  
**1 dash** sea salt (or Himalayan salt)  
**2 cups** dry old-fashioned rolled oats, gluten-free  
**4 cups** fresh mixed berries

### SPECIAL EQUIPMENT:

Coconut oil cooking spray

1. Place almond milk, eggs, banana, extract, baking powder, cinnamon, salt, and oats in blender; cover. Blend until smooth.
2. Heat nonstick skillet, lightly coated with spray, over medium-low heat.
3. Pour ¼ cup batter into skillet for each pancake; cook for 2 to 3 minutes, or until bubbles form on top of the pancake. Flip with spatula; cook for an additional 90 seconds. Repeat with remaining batter.
4. Serve with ½ cup fresh berries, each.

### RECIPE NOTES:

- If you want to make sure these pancakes are gluten-free, look for certified gluten-free oats. Oats are a naturally gluten-free food, however they are easily contaminated with gluten during harvesting. Therefore, to ensure you have a gluten-free product, look for the gluten-free variety.
- Wrap leftover pancakes in plastic wrap (or aluminum foil) and store for up to 4 days in the refrigerator. Pancakes can be reheated in a toaster.

### SERVING SUGGESTION:

Top with 1 tsp. coconut oil, ghee, or peanut butter.  
Don't forget to count your .

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 152 **Total Fat:** 3 g **Saturated Fat:** 1 g **Cholesterol:** 47 mg **Sodium:** 139 mg **Carbohydrates:** 27 g **Fiber:** 6 g **Sugars:** 7 g **Protein:** 5 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.