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GLUTEN FREE BREAKFAST / PANCAKES • WAFFLES

January 21, 2022

Healthy Banana Oatmeal Pancakes (made right in the blender!)

The easiest banana oatmeal pancakes made right in the blender! These fluffy healthy pancakes are naturally gluten free, dairy free and contain no flour or added sugar. Get ready for a simple yet delicious breakfast!

PREP TIME	COOK TIME	TOTAL TIME
10 MINS	10 MINS	20 MINS

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I created the most perfect **banana oatmeal pancakes** back in 2019 and you all loved it SO much that I had to give it a re-share. First, can we admire my poetry of 2019?!

“My mission in life is to become the Queen of Healthy Pancakes, mother of oat flour, first of her name, the Queen of Sunday Morning Brunch, Tahini Queenie, Cinnamon Roll Goddess, along with some other titles.

If you have no idea what any of that is referring to, then let's just move along. For those of you that get it, then you know that Game of Thrones is always on my mind. BEST SHOW EVER (especially after last night!)”

Ah, the good old days GoT.

Anyway, let's move on to these deliciously fluffy, healthy pancakes: BANANA OATMEAL PANCAKES made right in your blender. Can you believe it? There's no flour, no butter, no sugar or any kind of sweetener added. Which means these pancakes are made for anyone, including kids!

I can't wait to hear how you like these healthy banana oatmeal pancakes. They're seriously one of my favorite breakfast recipes with a drizzle of peanut butter and a little pure maple syrup on top.



Ingredients in banana oatmeal pancakes

These gluten free banana pancakes are easy to make, SO delicious and happen to be an awesome post-workout breakfast because they're packed with healthy complex carbs and 12g protein per serving. Here's what you'll need to make them:

- **Bananas:** super ripe bananas give the pancakes their natural sweetness. Make sure they have lots of brown spots!
- **Eggs:** you'll need 2 eggs in this pancake recipe.
- **Milk:** add moisture with any milk you'd like. I typically use unsweetened almond milk.
- **Oats:** instead of using regular flour, these healthy banana pancakes are made with rolled oats! Feel free to use gluten free rolled oats.
- **Pancake staples:** you'll also need baking powder to allow the pancakes to get nice and fluffy, plus some cinnamon, vanilla extract & salt for flavor. Learn how to make your own vanilla [here](#)!



Customize your pancakes

These healthy banana oatmeal pancakes are easy to make and easy to customize! Here are some great ways to make them your own:

- **Mix-ins:** after making the batter feel free to fold in your fav mix-ins like chopped pecans, diced banana, or even chocolate chips.
- **Toppings:** what's a stack of fluffy pancakes without toppings?! I love adding pecans, banana slices and a drizzle of peanut butter + pure maple syrup. A dollop of yogurt would also be delicious!
- **Make minis:** make cute little mini pancakes by dropping just 1-2 tablespoons of batter onto your griddle at a time! You can also try these **baby banana pancakes** that are smaller and great for toddlers and babies.



The best banana oatmeal pancakes made in your blender

Get ready for the easiest pancake recipe in the world, and remember to get all of our tips & tricks for [making pancakes here!](#)

1. **Blend the ingredients.** Yes, you'll literally add all of the ingredients to a **blender**, and blend on high until smooth!
2. **Let batter sit.** You'll then want to let the batter sit in your blender for about 2 minutes while you heat up your pan.
3. **Cook & flip.** Add olive oil or coconut oil to a **griddle** or large nonstick pan and place over medium heat. Add pancake batter 1/3 cup at a time and cook for about 2-3 minutes or until golden brown and tiny bubbles appear around the edges. Flip and cook 2 minutes more.
4. **Serve & devour.** Serve pancakes with fresh fruit and a drizzle of pure maple syrup if you'd like!

How to keep pancakes warm

You can absolutely make these banana oatmeal pancakes ahead of time and keep them warm in the oven. Simply place oven at 200 degrees F, then add pancakes to a platter or oven-safe plate and place in the oven until ready to serve.



Freezer-friendly banana pancakes

If you really want to make your pancakes ahead of time and serve them at a later date, you can place the pancakes on a [baking sheet](#) so they aren't touching and place them in the freezer for 30 minutes. Finally, place them in [freezer safe bags](#) or containers and freeze them for up to 3 months. Once ready to reheat, simply add pancakes to a plate and microwave for 30-60 seconds or until warm.

Our favorite pancake tools

- [Blender](#)
- [Square griddle](#)
- [Spatula](#) (use the code 'ambitious' for 10% off!)

See all of our [kitchen essentials](#) [here](#).



More healthy pancake recipes

- [Whole Wheat Banana Bread Pancakes](#)
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- [Fluffy Yogurt Pancakes \(high protein, gluten free\)](#)

Get all of our delicious [pancake recipes here!](#)

I know you're going to love these banana oatmeal pancakes, please let me know if you make it by leaving a comment and rating the recipe below. I'd love to hear from you and it helps encourage others to make the recipe too! Enjoy xo!

Healthy Banana Oatmeal Pancakes (made in the blender!)

★ ★ ★ ★ ★ 4.93 FROM 537 VOTES

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PREP TIME	COOK TIME
10 MINUTES	10 MINUTES
TOTAL TIME	SERVES
20 MINUTES	3

The easiest banana oatmeal pancakes made right in the blender! These fluffy healthy pancakes are naturally gluten free, dairy free and contain no flour or added sugar. Get ready for a simple yet delicious breakfast!

Ingredients

2 medium ripe bananas (best when they have lots of brown spots)

2 eggs

1/2 cup unsweetened almond milk

1 teaspoon vanilla extract

1 1/2 cups old fashioned rolled oats, gluten free if desired

2 teaspoons baking powder

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

Olive oil, for cooking

Instructions

Step

Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up.

Step

Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.

Step

Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly then you need to lower the heat. I normally start on medium heat, then decrease to medium low later so that my pancakes don't burn. If at any point your griddle starts smoking, it means your pan is too hot.

Step

Wipe skillet clean and repeat with more oil and remaining batter. Makes 9 pancakes total. Serves 3, 3 pancakes each.

Recipe Notes

To freeze these pancakes: place the pancakes on a baking sheet so they aren't touching and place in the freezer for 30 minutes, then place them in freezer safe containers and freeze for up to 3 months. Once ready to reheat, simply add pancakes to a plate and microwave for 30-60 seconds or until warm.

Nutrition

Servings: 3 servings

Serving size: 3 pancakes

Calories: 311kcal

Fat: 6.9g

Saturated fat: 1.3g

Carbohydrates: 51.5g

Fiber: 7.4g

Sugar: 10.8g

Protein: 12.2g

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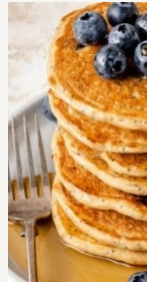
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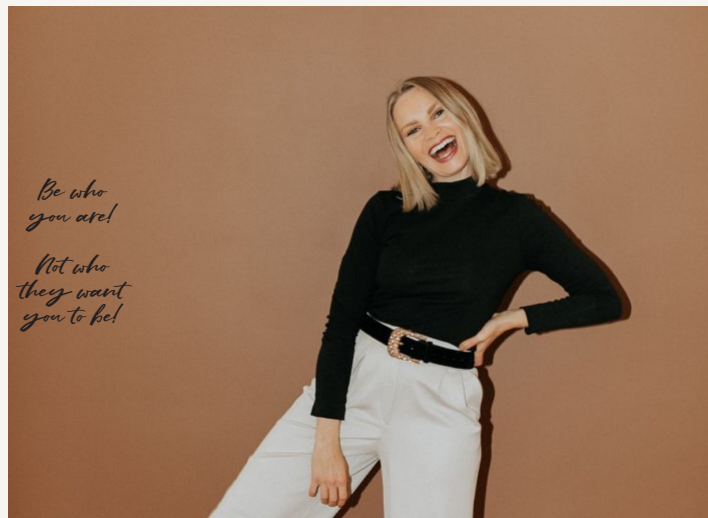
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