

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.