

Banana Oat Pancakes

Rating: ★★★★★



Dietary: V, VEG, DF, EF, NF

Allergens: Wheat

Age group: 8 months+

Mealtime: Afternoon tea

Difficulty level: Beginner

Serves: 6

Prep: 10 mins

Cook: 8 mins

Banana Oat Pancakes



Vegan



Vegetarian



Egg Free



Dairy Free



Nut Free

Equipment:

High speed blender

Ingredients

- 2 (160g) small bananas, peeled, sliced
- ½ cup (60g) rolled oats
- ¼ cup (30g) pumpkin seed meal
- 1/3 cup (80ml) soy, coconut or oat milk
- ¼ tsp (0.5g) ground cinnamon
- 1 tbsp (20ml) extra virgin olive oil, for frying

Tips:

Prep Tips:

To save prep time, cook larger pancakes and cut into smaller serves.

Allergies:

For a gluten-free version:
Swap oats with quinoa flakes.

Additional boosters:

Add 2 tsp of chia or flax seeds.

Baby-friendly version:

Serve mashed or in finger food-sized pieces.

Method

1. Place all ingredients into a blender and blend until smooth.
2. Heat oil over medium heat in a large frying pan.
3. Cooking in batches, spoon heaped tablespoons of the batter in the pan. Cook for 1-2 mins each side or until golden brown.

Mandy's serving suggestion:

Serve pancakes with fresh seasonal fruit.

Serving and storing leftovers:

Serve immediately, store in the fridge for up to 2 days or freeze for up to 4 months.