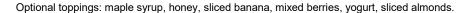
Oatmeal blender pancakes

Makes 8 pancakes

- Ingredients: 1.5 cups rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 2 ripe bananas
- 1 tablespoon sugar or maple syrup
- 1 cup milk of choice (dairy, soy, almond, etc)
- 1 teaspoon vanilla

Pinch of salt

Oil, butter or margarine for cooking



Instructions:

Add all ingredients except oil to blender and blend until smooth.

Add oil to pan over medium heat. Pour about 1/3 cup batter per pancake and cook until bubbles form in pancake, then flip. Cook an additional minute or until desired brownness.

Add any optional toppings and serve warm.

Nutrition (per2 pancakes): 170 calories, 3.5g fat, 324mg sodium, 28g carb, 3.3g fiber, 7.4g protein



