



# Ashley's Meal Prep Monday!



## Scrambled Pancakes

### INGREDIENTS

#### Pancakes:

1 old banana  
1/2 cup GF rolled oats  
1 egg  
1/4 TSP vanilla  
Sprinkle of cinnamon  
coconut oil or spray

Mash the banana with a fork and whisk in the egg and oats. Mix in the vanilla and cinnamon. Add coconut oil or spray to a pan and scramble the pancake batter until it's done - roughly 6-ish minutes on medium heat.

#### Yogurt:

You can use whatever you prefer, I went with 6oz Nancy's Vanilla Probiotic GF Oatmilk  
1 or 2 TSP's maple syrup  
1/4 TSP vanilla

Yogurt base - mix 6oz yogurt with maple syrup and vanilla. Once pancakes are scrambled, add to yogurt and top with your favorite berries.

Fruit of choice



CARTWRIGHT'S  
MARKET