



Ashley's Meal Prep Monday!



3 Ingredient Banana Oat Pancakes

INGREDIENTS

1 spotty banana
2 eggs
2/3 cup GF rolled oats

Optional: 1/2 TSP vanilla
1/2 TSP cinnamon
pinch of salt
Mix-ins: blueberries,
chocolate chips, banana
slices, etc.

Add all of the ingredients into a blender and blend on high for 20-30 seconds until it's fully combined. Let the batter sit for 3-5 minutes to thicken. Heat a large nonstick pan over medium heat and lightly butter the pan with non-stick spray.

Pour about 1/4-1/3 cup of batter into the pan and cook for about 1-2 minutes until the edges are crisp and firm up. Since oat flour is denser, bubbles will not form on the tops. To check if ready to flip, gently lift with a spatula to see if bottoms are browning.

Gently flip and cook the other side for about 1 minute. Serve immediately with fruit, syrup, peanut butter or honey!



Recipe: healthfulblondie.com

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