

Healthier Pancakes

makes one dozen

YOU WILL NEED

- 1 TBL butter, melted
- 1 c old fashioned rolled oats
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1 egg plus 1 egg white
- 1/3 c plain Greek yogurt plus enough milk (or milk substitute) to equal 1 cup
- 1 banana
- 1 TBL vanilla extract
- Optional toppings: berries, real maple syrup

PROCEDURE

Grind the oats into flour using a blender or food processor. Place ground oats and other dry ingredients in a bowl.

Add yogurt/milk mixture, banana, and eggs to blender/processor and mix until banana is incorporated. Add this and vanilla to dry ingredients and whisk just until incorporated.

Cook, serve, add your favorite toppings, and savor every bite!



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