AMERICAN · BREAKFAST

Banana Oatmeal Blender Pancakes

20 min · Serves 3 · 342 kcal a serve · Video 6:31 · Clean & Delicious

Vegetarian · No dairy listed

The sweetness comes only from ripe banana, egg whites add protein, and whole oats and walnuts bring fibre and healthy fats, with no added sugar or wheat flour.

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Ingredients 8 · SERVES 3

- [ ] 2 **ripe bananas** (about 280 g)
- [ ] 240 g **egg whites** (or 2 whole eggs)
- [ ] 90 g **rolled oats** (the cook uses gluten-free oats)
- [ ] ½ tsp **cinnamon**
- [ ] 1 tsp **baking powder**
- [ ] a pinch of **kosher salt**
- [ ] 30 g chopped **walnuts**
- [ ] 1 tbsp **coconut oil**, for the pan

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Egg, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Blend the bananas, egg whites, oats, cinnamon, baking powder and salt into a thick batter. 0:51
2. Stir in the walnuts (or blueberries, pecans or other add-ins). 2:56
3. Heat a non-stick pan over medium heat and wipe it lightly with coconut oil. 3:12
4. Pour in small pancakes and cook about 2 minutes, until bubbles form on top; flip and cook 2 minutes more until golden and set. 3:20
5. Repeat with the rest of the batter; it makes about 9 pancakes, 3 a serve. 3:57

> **Tip** Serve with extra banana and walnuts, a drizzle of maple syrup or a smear of nut butter. For a vegan version use 2 chia eggs instead of the egg whites. Freeze on a lined tray, then bag; reheat in the toaster.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
342 kcal	15 g	44 g	6.3 g	13 g	360 mg
1,430 kJ	30% of a day	38 g net · 13 g sugars	22% of a day	4.7 g saturated	16% of a day
		16% of a day		17% of a day	

Energy from net carbs 46% · protein 18% · fat 36%

High in (20%+ of a day) Omega-3 57% · Selenium 48% · Vitamin B6 25% · Magnesium 22%

Source of (10–19%) Zinc 14% · Potassium 13% · Iron 11% · Folate 10%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=y8kvazx1C6I, published 9 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cd-banana-oatmeal-pancakes