

# Banana Oat Pancakes

These Banana Oatmeal pancakes were born in a moment of mental anxiety. The prior day had gotten away from me and I had failed to get to the store for milk, cereal, bread... some essential breakfast ingredients for a growing family of seven.

**Course** Breakfast  
**Cuisine** American  
**Keyword** Banana Oat Pancakes

**Prep Time** 10 minutes  
**Cook Time** 15 minutes  
**Total Time** 25 minutes

**Servings** 4 servings  
**Author** Amanda

## Ingredients

- 3 c flour
- 2 c mashed ripe banana
- 1/2 c water
- 3/4 c milk
- 2 large eggs
- 1/2 tsp. salt
- 2 tbsp. ground flaxseed
- 2 tsp. cinnamon
- 1 tbsp. baking powder
- 1/4 c sugar
- 1 1/2 c old-fashioned oats
- 1/4 c coconut oil liquid form

## Instructions

1. Combine flour, oats, sugar, baking powder, cinnamon, flax seed and salt in a large bowl. In a separate bowl mix together egg, milk, water, and oil. Gently stir wet ingredients into dry and combine until just incorporated. Add in banana's and stir until combined.
2. Using a 1/4 cup measuring cup, pour batter onto a heated griddle. When bubbles form around edges of pancakes, flip. Serve immediately.