

Banana Oatmeal Pancakes

Ingredients

YIELDS: 10 servings PREP TIME: 20-30 minutes

- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) all-purpose flour
- 1/4 cup (60 mL) brown sugar
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1 mL) salt
- 2 eggs
- 1 cup (250 mL) plain yogurt
- 1/2 cup (125 mL) milk
- 1/2 tsp (2.5 mL) vanilla
- 1/4 cup (60 mL) + 2 tsp (10 mL) canola oil
- 1 banana



EQUIPMENT: electric skillet / flipper / 2 forks / large plate for serving / liquid measuring cup / 2 mixing bowls (large) / mixing bowl (small) / set of dry measuring cups / set of measuring spoons / set of plates and cutlery for sampling / spatula / 2 spoons / whisk

Directions

- 1) Combine the oats, flour, brown sugar, baking powder, baking soda, and salt in a large bowl and mix.
- 2) Crack eggs in a bowl. Wash hands after handling raw eggs. Add yogurt, milk, vanilla and 1/4 cup canola oil and whisk to combine.
- 3) Add the wet ingredients to the dry ingredients. Mix until just moistened (do not over mix).
- 4) Peel the bananas and place in a small bowl. Mash bananas with a fork until a pureed consistency and gently fold into the batter.
- 5) If the batter appears too thick, add small amounts of additional milk.
- 5) Add 1-2 tsp of canola oil to skillet and set skillet to medium heat.
- 6) Spoon a small amount of batter onto the hot skillet.
- 7) Cook until small bubbles begin to appear in the pancake and the edges begin to brown, flip and cook other side. Cook until the batter in the middle is cooked and set.
- 8) Serve immediately, topped with the sweet berry sauce.

Chef's Tip



Make the pancakes "inside out!" Use a banana and peaches for the topping, and add 1 cup of berries to the pancake mix.

Commented [KF1]: Ingredients: remove 100mL pasteurized liquid egg white and just change to "2 eggs"

Commented [KF2]: In directions #2 -change to "Crack eggs in a bowl. Wash hands after handling raw eggs. Add yogurt, milk, vanilla and 1/4 cup canola oil. "

Let's Get Cookin'!

