



Banana Oatmeal Pancakes

YIELDS: 10 servings

PREP TIME: 20 to 30 minutes

Ingredients

- 250 mL (1 cup) rolled oats
- 250 mL (1 cup) all-purpose flour
- 60 mL (¼ cup) brown sugar
- 5 mL (1 tsp) baking powder
- 5 mL (1 tsp) baking soda
- 1 mL (¼ tsp) salt
- 2 eggs
- 250 mL (1 cup) plain yogurt
- 125 mL (½ cup) milk
- 2.5 mL (½ tsp) vanilla extract
- 70 mL (¼ cup and 2 tsp) canola oil
- 1 banana



Figure 1: Banana Oatmeal Pancakes

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 60 mL (¼ 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 separate 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 milk.



6. Add 5-10 mL (1-2 tsp) of canola oil to skillet and set skillet to medium heat.
7. Spoon a small amount of batter onto the hot skillet.
8. 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.
9. 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.