



WESTERN WISCONSIN HEALTH

BANANA OAT PANCAKES

- 3/4 C. dry oats (quick-cooking or old-fashioned) or oat bran
- 2 C. skim milk or soy milk
- 1 C. whole wheat pastry flour (or 1/2 C. whole wheat and 1/2 C. all-purpose flour)
- 1 T. baking powder
- 3 dashes of cinnamon, optional
- 1 egg or 2 egg whites
- 1/2 tsp. vanilla, optional
- 2 bananas, peeled
- 1/4 C. chopped walnuts, optional

Nutrition Facts

Serving Size (245g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 480mg	20%
Total Carbohydrate 48g	16%
Dietary Fiber 6g	24%
Sugars 15g	
Protein 11g	
Vitamin A 8%	• Vitamin C 10%
Calcium 25%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Mix oats and milk in medium-sized bowl and let stand for 5 minutes to give some extra soaking time. Mix well the flour, baking powder and cinnamon in a small bowl. Add this mixture to the milk and oats. Gently mix in the eggs and vanilla. Slice bananas very thin. Fold bananas and nuts into the batter. Heat griddle over medium-high heat. Spray with cooking spray when the griddle is hot enough that, when sprinkled with drops of water, the drops of water dance on the surface. Pour 1/4 cup of the batter onto the hot griddle and cook over medium heat. After pouring the batter onto the griddle, give a quick shake to spread the batter out slightly. Cook until the bubbles appear on the surface of the batter; flip the pancakes and cook until browned on the bottom. Serve with reduced-calorie syrup, fruit spread, or applesauce on top, or with fresh cantaloupe or berries on the side.

NUTRITION FACTS: Serving size: 3 pancakes, 4 servings