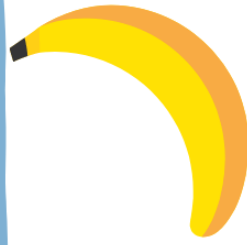


BANANA PANCAKES

MAKES 1

INGREDIENTS



1 BANANA



2 EGGS, SCRAMBLED

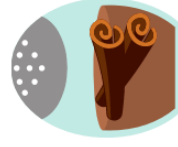


1 TEASPOON
OLIVE OIL



OATMEAL

OPTIONAL



CINNAMON

INSTRUCTIONS

1. In a bowl, mash 1 large banana until creamy.
2. Add 2 eggs. And stir until all mixed together.
3. *Optional:* add oatmeal if batter is too thin.
4. Heat skillet at medium heat.
5. Pour batter on skillet. Heat for 2 minutes or until edges are brown and bubbles have formed.
6. Flip pancakes and heat until fully cooked. Roughly 1 minute.
7. Remove and enjoy!



Nutrition Facts

Servings: 1

Amount per serving

Calories

271

% Daily Value*

Total Fat 13.8g

18%

Saturated Fat 3.5g

18%

Cholesterol 327mg

109%

Sodium 124mg

5%

Total Carbohydrate 27.6g

10%

Dietary Fiber 3.1g

11%

Total Sugars 15.1g

Protein 12.4g

Vitamin D 31mcg

154%

Calcium 63mg

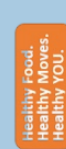
4%

Iron 2mg

11%

Potassium 540mg

11%



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