

# Easy Pancake Recipe

Serves approx. 6

## *Ingredients*

- 2 ½ cups rolled oats
- 2 overripe bananas or 1 cup unsweetened applesauce
- 1 ½ tsp vanilla extract
- 1 ¾ cup unsweetened almond milk

## *Instructions*

1. Place ingredients into blender and blend until batter forms.
2. Grease non-stick pan/pancake griddle with spritz of olive oil.
3. Cook for about 2-3 minutes then flip and cook for about 2 more minutes.
4. Serve immediately with 1-2 tps pure maple syrup or pureed berries.  
Option: freeze in zip lock baggie once cooled for up to 6 months.

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