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## High Protein Banana Oatcake ♦♦

A delicious and nutritious oatcake made with ripe bananas and high-protein ingredients. It's a perfect option for a healthy breakfast or snack.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>200 g</b>	Ripe bananas
<b>100 g</b>	Oats
<b>50 g</b>	protein powder
<b>200 ml</b>	almond milk
<b>2 units</b>	Eggs
<b>1 tsp</b>	Cinnamon

<b>1 tsp</b>	vanilla extract
<b>1 tsp</b>	baking powder
<b>0.5 tsp</b>	Salt

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (180°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

In a large bowl, mash the ripe bananas.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

Add the oats, protein powder, almond milk, eggs, cinnamon, vanilla extract, baking powder, and salt to the bowl. Mix well until combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Pour the batter into a greased baking dish and spread it evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

**Baking**

Bake in the preheated oven for 20 minutes or until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

**Cooling**

Remove from the oven and let it cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

**Cut, serving**

Cut into squares and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 3 g

**Protein:** 12 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	4 mcg	26.67%	26.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Nutritional Content

Low Calorie

### Kitchen Tools

Blender

### Course

Appetizers

Side Dishes

Salads

Sauces & Dressings

### Cultural

Cinco de Mayo

Diwali

Oktoberfest

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

### Meal Type

Breakfast

Brunch

Snack

### Difficulty Level

Medium

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