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Healthy Banana Oat Pancakes ✦

These healthy banana oat pancakes are a delicious and nutritious breakfast option. They are made with wholesome ingredients like bananas, oats, and almond milk. The pancakes are fluffy, flavorful, and perfect for a vegetarian diet.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Bananas
100 g	Oats
250 ml	almond milk
1 tsp	Cinnamon
1 tsp	Baking Powder

1 tsp	Vanilla Extract
2 tbsp	Maple syrup
1 tsp	Salt

Directions

Step 1

Blender

In a blender, combine the bananas, oats, almond milk, cinnamon, baking powder, vanilla extract, maple syrup, and salt. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat a non-stick pan over medium heat. Pour 1/4 cup of the batter onto the pan and spread it into a circular shape. Cook for 2-3 minutes, or until bubbles form on the surface.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Flip the pancake and cook for another 2-3 minutes, or until golden brown. Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 6 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	10 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	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Slow Cooker

Course

Salads

Snacks

Difficulty Level

Medium

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