

Flourless Banana, Oat, Peanut Butter Pancakes

Makes 4–6 Pancakes

Ingredients:

- 2 ripe bananas
- 3 eggs (Debbie – you can buy liquid egg whites)
- 2 tablespoons creamy peanut butter
- $\frac{3}{4}$ cup quick-cooking oats (make sure they're gluten-free)
- $\frac{1}{4}$ cup chocolate chips or raisins
- 1tsp cinnamon
- 1tsp vanilla
- Pinch of salt

Preparation:

1. In a medium bowl, mash bananas until puréed. Add eggs, peanut butter, oats, chocolate chips, and salt. Stir until the ingredients are fully mixed and batter is formed.
2. Heat a lightly oiled pan over medium-high heat. Pour $\frac{1}{2}$ cup of batter into the pan and brown on both sides.
3. (HINT) whipping the egg whites separately before adding them to the mixture, then folding them in, lightens up the texture.

Other Suggestions:

- HULK WAFFLES. 1 banana, $\frac{1}{2}$ cup rolled oats, 3 eggs, and a handful of spinach.
- You could also use powdered peanut butter or protein powder instead of peanut butter.

