



## From Our Kitchens

### Banana Oat Pancakes

#### Ingredients

4 large, very ripe bananas (will yield 2 to 2 ½ cups mashed)  
1½ cups quick-cooking oats  
½ teaspoon salt  
2 teaspoons vanilla  
1 teaspoon ground cinnamon  
2 large eggs  
2 tablespoons baking powder  
1½ cup white whole-wheat flour  
Milk, about ½ cup (maybe a couple tablespoons more)

#### Instructions

1. In the bottom of a large bowl, mash bananas well with a fork. Stir in oats, salt, and vanilla.
2. Use fork to stir in cinnamon and egg, then baking powder until thoroughly combined. Stir in flour, then add milk as needed to create a thick (but not cookie dough-like) batter.
3. Heat griddle or frying pan over medium-low. Once hot, add pancake batter in ¼ cup mounds. You can flatten them a bit if they're particularly thick. Cook until lightly browned underneath and bubbles appear in pancake surface, flip, and cook on the second side. Lower heat is better on these pancakes; they brown fast and cooking them more slowly ensures the centers are set when the edges are the right color.
4. Repeat with remaining batter and eat immediately. Makes about 16 pancakes.

*Adapted from Smitten Kitchen*