

## No Sugar Added Pancakes Recipe



### Ingredients

3 Bananas, mashed

2 ½ Cups Oats (gluten free, if desired)

2 Tsp Baking Powder

3 Eggs

1 Cup Milk

3 Tbsp Melted Butter

Real Maple Syrup (optional)

### Method

Combine mashed bananas, oats, baking powder, eggs and milk in a mixing bowl and mix well, but do not over mix.

Melt the butter in the pan you will cook the pancakes in. Once melted, tip the pan to coat it well and then drizzle the remaining butter into the mixture while stirring.

Place a couple of spoonfuls into the pan and gently spread the mixture with the back of your spoon so that it isn't too thick. (It doesn't spread as well as many pancake mixtures do, so they will be too thick if you don't spread). Repeat this to cook a few pancakes at a time in the pan.

Once the underside is golden, flip and repeat.

Serve while hot and drizzle with a bit of real maple syrup, if desired, and enjoy!

**Tips:** Smaller pancake sizes make them cook faster and easier to flip. Add a teaspoon or two of cinnamon to the mixture to spice it up!

**Source:** Saving the Green



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