

Oat Chocolate Banana Pancakes

Ingredients

- 4 cups cold filtered water
- 1 cup Quaker Old Fashioned Oats
- 1 tbsp honey
- 1/2 tsp kosher salt

Pancakes:

- 2 ½ cups Quaker® Oats-Old Fashioned
- 2 tsp baking powder (low sodium)
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 eggs
- 1 ripe banana
- 1/4 cup oat milk
- 2 tbsp vegetable or coconut oil, plus more for greasing pan
- 1 tsp honey
- 1/2 cup dark chocolate chunks, optional
- 1/4 cup finely chopped walnuts, optional

How to make it

[title]Oat milk:

2. In a high speed blender, add water, oats, honey and salt.
3. Blend for 30 seconds on high.
4. Pour into containers and refrigerate for 3 to 5 days. Shake well before using.

[title]Pancakes:

6. In a food processor, add oats and process until it looks like flour.
7. Mixture will be slightly grainy.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	5 min	15 min	2

Made with



Quaker® Oats-Old Fashioned

8. Add to bowl with baking powder, salt, cinnamon, nutmeg and whisk until fully combined.
9. In another bowl, mash banana with a fork.
10. Whisk in eggs, milk, oil, and honey.
11. Stir into dry ingredients until combined, but do not over mix.
12. Add chocolate and walnuts, stir a few times just to incorporate.
13. Batter will thicken as it sits, add more oat milk to loosen.
14. Heat a nonstick skillet on medium high heat.
15. When hot add a little bit of oil, pour 1/4 cup of batter into pan.
16. Batter is thick, so use the measuring cup or spoon to spread into a 4 inch round pancake.
17. Let cook for 1 to 2 minute, flip cook for another few minutes until golden brown.
18. Keep warm in a 200°F oven until all pancakes are cooked.
19. Pancakes freeze well. When pancakes have cooled. Place in a releasable bag and freeze.