



# BANANA & OAT PANCAKES

## Ingredients (MAKES 5)

---

- 1 egg
- 1 medium ripe banana, mashed
- ½ cup rolled oats
- ¼ teaspoon cinnamon
- Extra virgin olive oil for cooking

## Instructions

---

1. Whisk the egg in a medium bowl.
2. Add the mashed banana, oats and cinnamon. Mix well.
3. Heat the olive oil in a large frypan. Add small spoonfuls of mixture to the pan.
4. Cook for 2 minutes or until bubbling before flipping.



# EAT WELL LIVE WELL

Healthy eating for every life stage

Find meal plans, recipes and more at  
[geelongaustralia.com.au/eatwell](https://geelongaustralia.com.au/eatwell)