

Three Ingredient Pancakes

13 g carbohydrates | 1 g total fat | 6 g protein

Serving size: 4 “silver dollar” pancakes | Approximately 79 calories



Did you know?

Oatmeal is a whole grain food that is super good for you! The banana and egg white give this recipe nutrition power. Serve with a glass of milk and a crunchy carrot stick (yes really!) and, you have made an awesome meal for breakfast... or anytime during the day!

Food Preparation Materials

Non-stick spray oil
Stove or hotplate with pan
Spatula for turning pancake
Fork
Small bowl or cup

Ingredients- Makes 1 serving

1/2 banana
2 Tbsp. liquid egg whites or 1 egg white
1/8 c. oatmeal

What To Do

1. Mash banana with fork.
2. Add egg white and combine with fork.
3. Add oatmeal and continue to mix ingredients with fork.
4. Spray pan (if needed) and allow the pan to heat up.
5. Pour mixture into pan and watch closely.
6. Watch for browning edges to indicate pancake is ready to turn over.
7. Turn over with spatula and cook until done.