



Oat Chocolate Banana Pancakes

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2

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30 minutes

Ingredients

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

Pancakes:

- 2 1/2 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

Cooking Instructions

Oat milk:

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

Pancakes:

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