

# Oat Banana Pancakes

Visual Recipe  
by DAREBEE

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2 cups - 7oz - 200g oat flakes  
2 cups - 13oz - 400ml water  
2 bananas

**LEVEL UP!** Add baking powder, extra banana  
for garnish, cinnamon and maple syrup.

2 PORTIONS

## INSTRUCTIONS

1. Combine ripe bananas with water and oat flakes. Add salt for taste, or skip it.
2. Use a hand blender or a mixer to blend everything together.  
Alternatively, mash the banana with a fork first, then combine it with oat flakes and water. Let the mix soak and then whisk everything together until well combined.
3. Preheat the oven to 400°F (200°C). Bake the pancakes for 10 minutes.
4. Flip them over and bake for another 10 minutes or until the crust begins to turn golden brown.  
Alternatively, fry in a non-stick frying pan for 3 minutes on each side.
5. Transfer to a plate.
6. Garnish with banana, drizzle with maple syrup and sprinkle with

1



2



3



4



5



6

