

Banana Bread Pancakes perfected

Yield: 4-6servings



- 6 very ripe bananas (meaning just before going bad)
- 2 ¼ cups quick cooking rolled oats
- ¾ tsp salt
- 1.5 tsp ground cinnamon
- 3 eggs
- 3 tsp baking powder
- 2 ¼ cups flour
- ½ cup milk, separated – ¼ cup for banana oat mixture, ¼ cup for batter

Blend bananas, oats and ¼ cup into a puree (mash very well) or use a blender. Add salt, cinnamon and eggs, mix well.

Add baking powder and flour, mix well and then stir in remaining milk. Batter should be thick but not sticky; if too sticky, add another tablespoon or two of milk (one at a time).

Pre-heat Cook-N-Dine on 5. When the orange light is off, set temperature to #7.5 (varies by model).

Generously butter hot cooking center. Add approx. ¼ cup of batter for one pancake. Start from the outside of the cooktop working inward, center pancake last.

Once bubbles appear on the batter surface, pancakes are read to flip. Do not press down on the pancake after flipping. It will lose the “fluff factor” if you do. Allow to cook for 2 to 3 minutes, then serve with berries, maple syrup, powdered sugar or anything else you desire.

TIP: Making the banana oats puree ahead (night before) will allow the oats to absorb more moisture.

