



## Banana Oat Pancakes for Energy & Endurance

These quick and easy pancakes are ideal for athletes - bananas reduce inflammation, oats are slow release carbs which are great for endurance and eggs are protein packed to help build muscle. Adding cinnamon for taste and blood flow and Greek yogurt for extra protein.

**Serves: 1, Prep time: 00:05, Cook time: 00:05**

## Instructions

1. Mash the banana with a fork. Whisk in the eggs, oats, and cinnamon until smooth. Add the nut butter (if using) and swirl into the batter.
2. Heat a tablespoon or so of coconut oil/butter/olive oil in a non-stick skillet over medium-low heat. Cook for about 2 minutes, until set. You'll want to make sure the heat isn't too high so they don't burn. (Add a few chocolate chips if you like!) Cook on the other side for another 30 seconds.
3. Serve with bananas and maple syrup for extra sweetness. Enjoy!

&nbsp;

## Notes

I like to add a spoonful of Greek yogurt for extra protein. You can also add blueberries or other fruit.

You can use Gluten free oats to make these gluten free if needed.

## Ingredients

- 1 Banana, Ripe
- 2 Eggs
- 1/4 cups Oats, rolled, raw
- 1/2 teaspoon Cinnamon, Ground