



Makes 5 to 6 pancakes
Cook Time: 25 minutes

INGREDIENTS:

2 ripe bananas, mashed (about 1 cup)

$\frac{3}{4}$ cup unsweetened, unflavored plant milk or water

1 cup whole-wheat or oat flour

$\frac{1}{2}$ cup rolled oats

$\frac{3}{4}$ teaspoon baking powder

Pinch of sea salt

$\frac{1}{4}$ cup grain-sweetened chocolate chips

6 ounces (about 1 cup) strawberries, cut into halves, for serving

Banana-Oat Chocolate Chip Pancakes

The combination of bananas and chocolate chips makes these healthy pancakes taste decadent enough to serve for dessert. Use a large nonstick griddle to prepare them in batches. If you don't have strawberries, then get creative with other fruits, jams, or spreads.

<https://www.youtube.com/watch?v=Hx4Ia1jsWGs>

By Darshana Thacker Wendel

- 1 Whisk the bananas and milk in a medium bowl.
- 2 Whisk the flour, oats, baking powder, and salt in another bowl.
- 3 Add the wet ingredients into the dry ingredients and stir gently to combine. Stir in the chocolate chips.
- 4 Heat a nonstick griddle over low heat. For each pancake, pour $\frac{1}{2}$ cup batter onto the griddle and spread gently. Cook for 2 to 3 minutes, until the pancakes look slightly dry on top and are golden brown on the bottom, and release easily from the pan. Flip and cook for 2 to 3 minutes more.
- 5 Repeat with remaining batter, wiping off the griddle between batches. Serve hot with fresh fruit.