



BANANA CHOCOLATE CHIP PANCAKES

makes 5-7 medium sized pancakes

INGREDIENTS

- 1/2 cup of rolled oats
- 1/2 cup of almond milk
- 1 ripe banana, mashed
- 1 tsp vanilla extract
- 1/4 cup of dairy free chocolate chips
- dash of cinnamon
- 1 tbsp avocado oil
- toppings: fruit, nut butter, chia or hemp seeds, whole maple syrup, etc.

PREP TIME

- Prep | 5 mins
- Cook | 10-15 mins
- Ready in | 15-20 mins
- Duration | 4 days

PROCEDURE

01

Blend the rolled oats until they are a flour-like texture. Add the banana, cinnamon, vanilla extract, and almond milk and blend.

02

Add in the dairy free chocolate chips and mix lightly. In a large pan, add the avocado oil and put on medium heat.

03

Pour the batter in 1/4 cup measurements into the pan. Flip the pancakes when bubbles start to form on the top (usually around 2-3 mins).

04

Once the pancakes are done cooking, top each pancake with the toppings. Drizzle the maple syrup and enjoy!