

## SHOPPING LIST

- 1 Banana
- 1 Egg
- 1/2 c Gluten free rolled oats
- 1/2 c Plain yogurt (or Greek yogurt)
- 1/2 Tsp Baking powder
- Salt (to taste)
- Choose an additional ingredient to change the flavor
  - Add 1/2 c Pumpkin Puree
  - Add 1/4 c Cocoa Powder
  - Add 1-2 c Blueberries



FEED THE MASS

## GLUTEN FREE PANCAKES

12 PANCAKES

## LETS START COOKING

1. Add peeled banana, egg, oats, yogurt, baking powder and salt into a blender. Blend until smooth.
2. Heat a skillet and add a drop of oil.
3. Pour 1/4c of pancake batter (per pancake) onto pan.
4. Cook each pancake about 2 minutes per side.
5. Stack pancakes onto a plate.
6. Drizzle the pancakes with syrup and toppings of your choice.