

## Easy Flourless Banana Oat Pancakes - Healthy Breakfast in 20 Minutes!

Banana Oat Pancakes (No Flour)



**TIME**  
**5 min**

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### INGREDIENTS

2 medium ripe bananas (the spottier, the sweeter)  
2 large eggs  
1 ... cups rolled oats (or quick oats) - use certified gluten-free oats if needed  
1 teaspoon baking powder  
% teaspoon ground cinnamon (optional, for extra flavor)  
... teaspoon salt  
1 teaspoon vanilla extract  
... cup milk of choice (dairy or non-dairy) - or use water  
1-2 tablespoons maple syrup or honey (optional, for added sweetness)  
Cooking oil or butter for the pan (e.g. coconut oil, olive oil, or non-stick spray)

### DIRECTIONS

- 1.** Blend the : Batter: In a blender, combine the peeled bananas, eggs, oats, baking powder, cinnamon, salt, vanilla, and milk. Blend on high until you get a relatively smooth batter. Tip: Add the liquid (milk) and eggs first and the oats last for easier blending. The batter should be thick but pourable (similar to a traditional pancake batter). If it's too thick, blend in an extra splash of milk; if too thin, add a few more oats and blend again. (No blender? See Tips & Variations below for a manual mixing method.)
- 2.** Rest (Optional): Let the batter rest for about 5 minutes. This gives the oats time to absorb liquid and the baking powder a chance to start working. The mixture will thicken slightly upon standing, which helps yield fluffier pancakes.
- 3.** Heat the : Pan: Place a non-stick skillet or griddle on the stove over medium heat. Once hot, add a little cooking oil or butter to lightly grease the surface. Proper heat is key - if the pan is not hot enough, the pancakes may stick; if it's too hot, they might brown too fast. You can test by flicking a drop of water on the pan - it should sizzle.
- 4.** Cook the : Pancakes: Pour or scoop the batter onto the pan to form pancakes of your desired size. Use about 1/4 cup of batter per pancake for medium-sized pancakes. Cook for 2-3 minutes on the first side. You'll notice bubbles forming on the surface and the edges will look set - that's your sign to flip.
- 5.** Flip and : Finish: Gently flip each pancake using a spatula. Cook the second side for another 1-2 minutes until golden brown. The pancakes should puff up slightly and feel springy in the center when done. If

they seem to be browning too quickly, lower the heat a bit. Repeat with the remaining batter, adding a bit more oil to the pan as needed between batches.

6. **Serve:** Stack the warm banana oat pancakes on plates. Serve with your favorite toppings: a pat of butter, extra banana slices, a drizzle of pure maple syrup or honey, fresh berries, or a dollop of yogurt. Enjoy your fluffy, healthy pancakes right away!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-flourless-banana-oat-pancakes-healthy-breakfast-in-20-minutes/>