

Vegan Banana Oat Pancakes

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An easy healthy vegan pancake recipe for breakfast, made with oats, bananas, and plant-based milk.



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Prep Time
10 mins

Cook Time
5 mins

Total Time
15 mins

Servings: 14 pancakes Calories: 137kcal Author: Carine Claudepierre

Ingredients

Dry ingredients

- 2 cups Homemade Oat Flour see note to make your own from rolled oats
- 1 tablespoon Baking Powder
- ½ teaspoon Cinnamon optional

Wet ingredients

- 1 cup Mashed Banana about 3 medium bananas or 4 small bananas (260g)
- 1 ⅓ cup Almond Milk not cold, at room temperature
- ¼ cup Melted Coconut Oil or canola oil or avocado oil
- 1 teaspoon Vanilla Extract
- 1 tablespoon Maple Syrup or agave syrup

Instructions

1. In a large mixing bowl, whisk oat flour, cinnamon, and baking powder. Set aside.
2. In a blender add mashed bananas, almond milk, melted coconut oil, vanilla, and maple syrup, and process on high speed until smooth - about 30 seconds.
3. Pour the liquid ingredients onto the oat flour bowl and stir with a spatula until it forms a thick pancake batter with no lumps.
4. Heat a pancake griddle pan over medium-high heat. When hot, reduce to low heat and scoop 1/4 cup of batter per pancake.
5. Cook for 2 minutes on one side, then flip and cook for 1-2 minutes on the other side.
6. Repeat until no more batter is left, you should form about 14 pancakes.
7. Serve with fruits of your choice, maple syrup, or peanut butter.

Notes

Make your own oat flour: In a high-speed blender, add 2 cups + 1/2 cup of rolled oats and pulse on high speed for about 30 seconds to form fine oat flour.

Nutrition

Serving: 1 pancake | Calories: 137kcal | Carbohydrates: 16g | Protein: 3g | Fat: 7g | Saturated Fat: 4g | Sodium: 146mg | Potassium: 119mg | Fiber: 2g | Sugar: 2g | Vitamin A: 8IU | Vitamin C: 1mg | Calcium: 103mg | Iron: 1mg