



Low FODMAP Oat and Banana Pancakes

Serves: 6

Prep: 20 minutes

Cook: 20 minutes



Stack Cup

Ingredients	Metric	Imperial
1 cup rolled oats	100 g	3.5 oz
½ cup unprocessed oat bran	40 g	1.4 oz
⅔ cup rice flour	100 g	3.5 oz
2 eggs	117 g	4.1 oz
1½ firm bananas	150 g	5.3 oz
Low-fat milk (lactose-free if required), extra if required	200 g	7.05 oz
2 tsp baking powder		
¾ tsp cinnamon (optional)	1 g	0.03 oz
1 small pinch salt		

Method

1. Weigh or measure all dry ingredients into a food processor, blender or Thermomix and process until they are fine.
2. Add the bananas, eggs and gradually pour in the milk and mix until the mixture has a slightly runny consistency. Add more milk if required.
3. Rest batter for 15 mins. Note that the mixture will thicken during resting so add more milk if it is too thick to spoon into a frypan.
4. Heat some butter and/or spray oil in a frypan over a medium heat.
5. Spoon the mixture (about 2 Tbsp per pancake) into the frypan to form ~9cm pancakes.
6. Cook until bubbles start to form on the top (reduce the heat if required to prevent burning).
7. Flip and cook ~ 1 min on the other side (pancakes should be golden on both sides).

Hints

- Pancakes can be frozen for quick and handy snacks or breakfasts. Place small squares of baking paper between each one and freeze in a snap-lock bag.
- For the best results to defrost and reheat, remove the required number of pancakes from the freezer, loosely cover and microwave for about 30-45 seconds. Heat the frypan over medium heat and cook pancakes for about 30 seconds on both sides.
- Use a non-stick or well-seasoned frypan to prevent the pancakes from sticking.

Nutrition Information (per serve)	
Energy	924 Kj / 221 cal
Protein	8.00g
Carbohydrates	33.00g
Sugar	7.00g
Total Fat	6.00g
Saturated Fat	2.00g
Fibre	3.60g