

## Chef Julian Pancer's Healthy Banana and Chocolate Chip Pancakes

*Makes 12 pancakes*

### Ingredients

- 2 bananas
- 1/2 cup milk
- 3 eggs
- 2 Tablespoons maple syrup
- 1 1/2 cups rolled oats
- ¼ cup chocolate chips
- 2 tablespoons flax seeds
- 2 tablespoons hemp hearts
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons butter, melted and cooled



### Directions

1. In a medium bowl, mash bananas until smooth.
2. Add in remaining ingredients and whisk until well incorporated.
3. Heat skillet over medium heat. Once warmed, drizzle grapeseed oil or another high-heat oil into the skillet, enough to lightly coat the pan.
4. Pour pancake batter into skillet in round circles.
5. Cook for 2-3 minutes on one side. Turn over and cook for another 1-2 minutes.
6. Garnish with your choice of berries and/or maple syrup