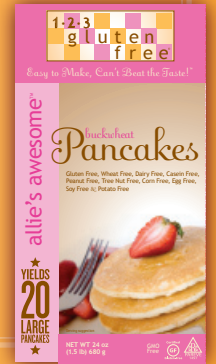


banana OATMEAL pancakes



2 cups 1-2-3 Gluten Free® Allie's Awesome
Buckwheat Pancake Mix
3-4 medium bananas, mashed
1 c. skim milk (or milk of your choice)

1 cup certified gluten-free oats
1/4 cup packed light brown sugar
1 tsp. cinnamon
2 large eggs

- ① Heat griddle over medium heat.
- ② Place oats and milk in bowl and set aside for 15 minutes to soften oats.
- ③ In a separate bowl, mash bananas with fork. Add brown sugar, cinnamon, eggs and mix well.
- ④ Stir in 1-2-3 Gluten Free® Allie's Awesome Buckwheat Pancake Mix and oats/milk mixture.
- ⑤ Spray griddle with non-stick spray. Ladle batter onto griddle and spread out pancakes. (These will rise well and be thick so you want to spread the batter out so they cook through.) Cook until bubbles form and then flip pancake to cook other side. Pancakes should be golden brown on each side. Cook approximately 3 minutes on each side.

