

# Banana Pancakes

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-pancakes-indian-recipe>

## Ingredients:

- 1 cup oat flour for gluten free option, make sure oat flour is gluten free
- 1 teaspoon baking powder
- 1 teaspoon canela
- 1/4 teaspoon salt
- 1 banana ripe, mashed
- 1 cup milk
- 1 teaspoon vanilla
- 4 tablespoons coconut oil

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 13 grams
8. Sodium: 330 milligrams
9. Sugar: 8 grams

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