

Porridge Pancakes

Yield: 12 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-recipe-for-baby-porridge>

Ingredients:

- 1 1/16 ounces porridge oats
- 2 eggs
- 1 banana
- 1 teaspoon vanilla extract
- 1 pinch cinnamon
- cooking spray low cal

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 35 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. Sodium: 20 milligrams
8. Sugar: 1 grams

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