

Protein Oat Pancake

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-style-oats-pancake-recipe>

Ingredients:

- 1/2 cup oats quick-cook
- 1/2 banana ripe, mashed
- 1 large egg

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 131 grams
3. Cholesterol: 425 milligrams
4. Fat: 21 grams
5. Fiber: 21 grams
6. Protein: 41 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 140 milligrams
9. Sugar: 15 grams

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