

Meal Kit List

Week 4: Banana and Oat Pancakes

Fruit:

- 3 bananas- \$1.27 per bunch

Vegetables:

- no vegetables this week

Protein:

- eggs- \$0.80 per half dozen

Dairy:

- almond milk- \$1.69

Grains:

- old fashioned oats- \$1.99 per 18 ounces

Herbs, Spices & More:

- vanilla extract- \$2.29
- ground cinnamon
- salt
- baking powder
- cooking spray

Grocery cost: \$8.04

Recipe cost: \$2.84

Cost per meal: \$0.47

*prices found at your local Wegmans store

Healthy Options®

Cooking at Home

www.healthyoptionsbuffalo.com

Banana and Oat Pancakes

Week 4 Recipe



Ingredients:

- 3 cups old-fashioned oats
- 3 ripe bananas, mashed
- 3 eggs or 3/4 cup egg replacement
- 1 1/2 cup almond milk
- 3/4 tsp vanilla extract
- 3/4 tsp cinnamon
- 1 tsp salt
- 1.5 tsp baking powder
- cooking spray

Directions:

1. Add oats, salt, cinnamon, and baking powder into a mixing bowl. Whisk together well.
2. In a separate bowl, mix together the mashed bananas, almond milk, vanilla, and eggs. Stir in the other mixture and mix well.
3. Over medium heat in a non-stick pan, coat with cooking spray. Once hot, pour about 1/4 cup of batter for each pancake into the pan. Cook for 3-5 minutes on each side.
4. Enjoy!

Note: use batter right away. If it sits too long it will thicken. Add water if needed.

Nutrition Facts

servings per container
Serving size 2 pancakes

Amount per serving
Calories 230

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 41g 15%

Dietary Fiber 6g 21%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 1mcg 6%

Calcium 152mg 10%

Iron 2mg 10%

Potassium 455mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.