

# 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

  
Cooking at Home

# 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
- 1.5 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.