



# RECIPES

## Four Ingredient Pancakes

### INGREDIENTS:

- 1/2 Banana
- 2 Egg Whites
- 1/2 cup Quick Cooking Oats
- 1/2 tsp Pure Vanilla Extract

### INSTRUCTIONS:

1. Blend all ingredients in a blender
2. Spray griddle with olive oil
3. Once the griddle is warm add the pancake batter
4. Cook approx. 2 minutes on each side, until done

Makes 1 Serving (4 pancakes)

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