

Banana Oatmeal Pancakes with Lentils

Serves 10

Ingredients:

- ¼ cup dried red lentils
- ¼ cup old fashioned (large flake) oats
- 1 cup all-purpose flour
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup plain yogurt, low-fat
- ¾ cup milk, 1%
- ¼ cup canola oil (or melted butter)
- 2 eggs, large
- 1 teaspoon vanilla
- 2 bananas, over-ripe mashed
- maple syrup (optional, to serve with pancakes)



Nutrition Information	
Serving Size: 1 pancake, 1/10 of recipe (116g)	
Nutrients	Amount
Total Calories	221
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	29 mg
Sodium	258 mg
Carbohydrates	32 g
Dietary Fiber	3 g
Total Sugars	11 g
Added Sugars Included	5 g
Protein	7 g
Vitamin D	0 mcg
Calcium	133 mg
Iron	2 mg
Potassium	284 mg

Directions:

1. In a small saucepan of boiling water, cook the lentils for 15-20 minutes, until soft. Drain well and set aside.
2. In a large bowl, stir together the oats, flour, brown sugar, cinnamon, baking powder, baking soda, and salt. In a smaller bowl, whisk together the yogurt, milk, oil, eggs, and vanilla. Add to the dry ingredients along with the banana and lentils, and stir until just combined.
3. Set a heavy skillet over medium-high heat, add a drizzle of oil and wipe it around with a paper towel to coat the bottom of the pan.
4. Cook about ½ a cup of batter at a time, spreading it out with the back of a spoon if needed (it will be thick). Cook for a couple of minutes, until bubbles begin to break through the surface and the bottom is golden. Keep the heat to medium, as these will take longer to cook through than most pancakes, and you do not want to burn the bottoms.
5. Flip with a thin spatula and cook until they are golden on the other side, and springy to the touch. Keep the pancakes warm on a rack set on a baking sheet in a 250°F oven while you finish cooking the rest.
6. Serve drizzled with maple syrup (optional).

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