

Banana Oatmeal Protein Pancakes

Serves 2 (2 pancakes per serving)

Ingredients

- 1/2 cup ground oats or oat flour
- 2 bananas, mashed
- 1/2 teaspoon vanilla
- 1/3 cup liquid egg whites or 6 large egg whites
- Splash of almond, rice, or soy milk (or cow's milk if you can tolerate)
- Ground cinnamon, to taste
- Cooking spray or vegetable oil
- 1 cup frozen berries
- 2 Tbsp pure maple syrup



Instructions:

1. In a bowl, mix together mashed bananas, egg whites, vanilla, and milk until smooth.
2. In a separate bowl, combine ground oats or oat flour with cinnamon.
3. Pour liquid mixture over the oat mixture, stir until batter forms.
4. Heat pan or skillet and coat with cooking spray or vegetable oil. Pour ¼ of the batter onto the pan, and cook until bubbles appear on the surface. Flip over with a spatula, and cook until the other side is browned.
5. Remove from heat and set aside. Repeat until
6. In a separate saucepan, combine maple syrup and frozen berries. Heat until warm. Pour mixture over pancakes and serve.

Provides 300calories, 10 g protein per serving

Nutrition Tips:

- Bananas and oats are rich in soluble fiber, which can help to regulate bowel function if you are experiencing diarrhea or constipation.
- These delicious pancakes are a soft texture, and combined with a moist fruit syrup, can be a great meal or snack option if you have dysphagia (difficulty swallowing).

Recipe provided by MGH Cancer Center Dietitians