

Oatmeal Banana ProCakes

Yields: eight - 2 unit pancakes

Ingredients:

1 cup Old Fashioned or Coach's Oats
1 1/3 c. MRM Vanilla Protein Powder
2 tsp. baking powder
1 tsp. cinnamon
1/8 tsp. salt
1/2 c. liquid egg replacement
1 c. Sugar-Free Vanilla Soy Milk
1/2 c. no-sugar added Applesauce
1 c. Low-fat Cottage Cheese
1/2 c. whole wheat flour
1 tsp. vanilla
1 6 - 8" banana, sliced thin
1/3 c. toasted pecan pieces

Directions:

PreHeat griddle on Med-High heat sprayed with Canola Oil cooking spray.

Step 1: Grind up oats in blender. When finely ground, add remaining ingredients, up to bananas and pecan pieces and blend until creamy. Add sliced banana and pecan pieces with a rubber spatula and incorporate into batter evenly.

Step 2: Using 3/4 cup. per 2 unit pancake, bake pancake until bubbly and golden brown on bottom. Flip only once. Remove to a wire-rack or parchment paper. Completely cool before storing. Place a piece of parchment paper between each pancake. Pancakes can be stored in the refrigerator for one week or frozen for up to one month in a freezer zip-lock baggie.