

Provided by Illinois Harvest of the Month

BANANA OATMEAL CAKES

· [Adapted from Color Me Healthy NC State EXT](#)



Fun and tasty pancakes made with local rolled oats and frozen berries.

This is a CACFP recipe for local grains and local frozen berries.

Cooking and prep level: Basic.

Prep Time	Cook Time	Total Time	Yield	Serving Size	Energy
5 min	20 min	25 min	6 cakes, 1/2 cup berries	3 cakes, 1/4 cup berries	306 cal

CUISINE

American

COURSE

Breakfast

USDA MEAL COMPONENTS

1 fruit

1 grain.

DIET

Vegetarian

Ingredients

- ✓ 2 eggs, beaten
- ✓ 2 bananas, ripe mashed
- ✓ ½ c local rolled oats, uncooked
- ✓ ½ T sugar
- ✓ ½ tsp Baking Powder
- ✓ ¼ tsp Vanilla Extract

- ✓ 1/8 tsp Cinnamon
- ✓ 1/8 tsp Olive Oil
- ✓ 1/2 cup fresh or frozen mixed berries of your choice

□ Method

- 1 In a medium bowl combine eggs, bananas, oats, sugar, baking powder, extract, and cinnamon. Mix until the batter has no lumps.

- 2 Heat oil in a medium, heavy skillet on med-low heat.

- 3 Spoon 1/4 cup portions of batter into heated skillet. Cook until golden brown on both sides flipping once (about 4 mins on each side).

- 4 Heat berries until warm, stirring occasionally until liquid releases from the fruit.

- 5 Serve pancakes placing berries on top.

- 6 Serving Size: 3 pancakes, 1/4 cup berries.

Nutrition Facts

2 servings per container

Serving Size 3 cakes, 1/4 cup berries

Amount per serving

Calories 306

% Daily Value*

Total Fat 9 g 11.54%

Trans Fat 0 g

Sodium 312 mg 13.57%

Total Carbohydrate 51 g 18.55%

Dietary Fiber 6 g 21.43%

Protein 10 g 20%

* The % Daily Value (DV) 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.