



Oatmeal & Banana Pancakes

WITH POMEGRANATE SYRUP

SYRUP:

1 c. pomegranate juice
2 Tbsp. honey

PANCAKES:

3 medium bananas
1 sliced banana (for garnish)
1/2 c. rice milk or almond milk
1/2 tsp. pure vanilla extract
1 c. rolled oats, ground to a coarse flour in a food processor
(about 3/4 c. ground oats)
1/4 c. rolled oats
1/2 c. spelt flour
1/4 tsp. sea salt
2 tsp. baking powder
2 egg whites, whipped to soft peaks
olive oil cooking spray

SYRUP:

Whisk honey and juice together in a small saucepot. Bring mixture to a boil over medium-high heat, then drop the heat to medium. Simmer mixture and reduce into a syrup, about 15 minutes. Remove from heat and let syrup cool slightly before using.

PANCAKES:

Add bananas, milk and vanilla to a blender and purée until smooth. In a large mixing bowl, whisk together ground oats, rolled oats, flour, salt, and baking powder. Fold banana purée into dry ingredients to form a thick batter, taking care not to overwork it. Gently fold whipped egg whites into batter. Heat a large nonstick griddle coated with cooking spray over medium heat. Add portions of batter (2 Tbsp. batter for small pancakes, or 1/4 c. for larger pancakes), leaving room for pancakes to expand as they cook. Cook until lightly browned, about 1 1/2 minutes per side. Hold the finished pancakes in a warm oven as the rest cook. Serve with banana slices and drizzle with pomegranate syrup.

adapted from: Clean Eating

