

Banana Apple Pancakes

Makes
4–5 cakes

Prep
2 min

Cook
15 min

Total
17 min

Ingredients

- 1 ripe banana
- 1 med. Honeycrisp apple, cored
- 4 large eggs
- 1.5 cups rolled oats

Optional

- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- Pinch of salt
- 1/2 tsp vanilla extract

Instructions

1. **Blend** — Rough blend for oat texture; longer for smoother oat-flour style batter
2. **Cook** — Cook on low heat

Overnight Oats-Style Variation

If you like an oat-y texture, blend everything *except* the oats, and reduce to **1.25 cups**. Shake the oats into the blended batter and refrigerate overnight. It's really good.



Before



After



After

Nutrition — Whole Recipe

Source: USDA FoodData Central — banana #173944, egg #171287, oats #169705, Honeycrisp #1750343, butter #173430, maple syrup #168875

Macronutrients

Ingredient	Calories	Protein	Carbs	Fat	Fiber	Sugar	Cholesterol
Banana	105 kcal	1.3 g	27 g	0.4 g	3.1 g	14.4 g	—
Honeycrisp	95 kcal	0.5 g	25 g	0.3 g	4.4 g	19 g	—
Eggs ×4	288 kcal	25.2 g	1.6 g	20 g	—	0.4 g	744 mg
Oats 1.5c	458 kcal	20.4 g	80 g	8.3 g	12.8 g	—	—
Total Recipe	946 kcal	47 g	134 g	29 g	20.3 g	34 g	744 mg

Toppings (not in totals)	Calories	Protein	Carbs	Fat	Fiber	Sugar	Cholesterol
Butter 1 tbsp	102 kcal	0.1 g	—	11.5 g	—	—	31 mg
Maple syrup ¼c	208 kcal	—	54 g	—	—	48 g	—

Micronutrients

Ingredient	K	Iron	Mg	P	Zinc	Vit C	Choline	Vit D	Se	B12	Vit A
Banana	422 mg	0.3 mg	32 mg	71 mg	0.2 mg	10.3 mg	—	—	—	—	—
Honeycrisp	195 mg	0.2 mg	9 mg	20 mg	0.1 mg	8 mg	—	—	—	—	—
Eggs ×4	276 mg	3.5 mg	12 mg	396 mg	2.0 mg	—	588 mg	4.4 mcg	62 mcg	2.2 mcg	320 mcg
Oats 1.5c	519 mg	5.7 mg	214 mg	633 mg	4.8 mg	—	—	—	—	—	—
Total Recipe	1,412 mg (30%)	9.7 mg (54%)	267 mg (64%)	1,120 mg (90%)	7.1 mg (65%)	18.3 mg (20%)	588 mg (107%)	4.4 mcg (22%)	62 mcg (113%)	2.2 mcg (92%)	320 mcg (36%)

K = Potassium, Mg = Magnesium, P = Phosphorus, Se = Selenium, B12 = Vitamin B12. — = negligible/zero. %DV based on 2,000 kcal/day FDA reference.