



Tropical Banana Oatmeal Pancakes

Light and fluffy oat pancakes taste like banana bread

1/2 cup oat flour (see note)
1/2 cup regular all-purpose flour
2 Tablespoons light brown sugar
1 teaspoon baking powder
1/2 teaspoon salt
1/8 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
3 ripe large bananas, peeled, sliced
2 large eggs
2 Tablespoons light sour cream or buttermilk
1 teaspoon almond extract
Oat or unsweetened Almond milk as desired
For cooking: 1 Tablespoon unsalted butter
Topping or Garnish: 1 banana, peeled, sliced; toasted sliced almonds; unsweetened flaked coconut, maple syrup as desired

- Mix the first 7 ingredients in a large bowl; stir to combine.
- Place the sliced bananas in a food processor, puree the bananas; add the eggs, sour cream, and almond extract; process until smooth.
- Add the dry ingredients, process only until a batter forms. If the mixture is too thick, add almond milk a tablespoon at a time until desired consistency.
- Preheat a nonstick pan over low to medium heat. Use a paper towel to lightly grease a nonstick pan or griddle.
- Using 1/4 cup, pour some batter onto the pan.
- Flip the pancakes when the underside is golden brown about 1-1/2 minutes; and cook the other side until no longer wet inside.
- Keep warm until the remaining pancakes are cooked.
- Serve pancakes warm with optional toppings: banana slices, toasted almonds, coconut, and drizzles of maple syrup. Yield: Serves 4

Cook's Note: To make your own oat flour, place the quick cooking oats or whole rolled oats (not instant oats) in a food processor, pulse and mix until fine ground. Also, the consistency of the batter depends on the size of the bananas.

Recipe Adapted from: *Dropping Acid The Reflux Diet Cookbook* by Jamie Koufman M.D.; Jordan Stern, M.D., and French Master Chef Marc Bauer

About the Recipe: Take a trip to the tropics for breakfast. These tasty banana oatmeal pancakes are fluffy, full of flavor, and healthy. The ripe bananas make them taste almost like banana bread. Serve topped with your favorite, toasted almonds, flaked coconut, banana slices, and drizzles of maple syrup.