



by



iowa total care™



## Oatmeal Peanut Butter Pancakes *(serves 6)*

### INGREDIENTS

- 1 cup quick cooking oats
- 1 ½ teaspoons baking powder
- 2 eggs
- ⅓ cup skim milk
- ½ medium-sized banana, mashed
- ½ teaspoon vanilla extract
- 2 tablespoons peanut butter
- 1 tablespoon olive oil

### INSTRUCTIONS

1. Using a food processor, process the oats to a flour-like consistency. Mix oats and baking powder in a small bowl and set aside.
2. In a separate bowl, mix eggs, milk, mashed banana, and vanilla. Add to dry ingredients, and mix until just combined.
3. Heat oil in a nonstick skillet over medium heat. Drop ¼ cup of batter onto the hot skillet to make each pancake. Cook until lightly brown on both sides.
4. Top the pancakes with peanut butter and serve!

Recipe adapted from:

<https://www.diabetesfoodhub.org/recipes/oatmeal-pecan-pancakes.html>

To learn more, visit [www.iowatotalcare.com](http://www.iowatotalcare.com).



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