

FLETCHER FORK

BANANA OAT BUTTERMILK PANCAKES

makes 9 large pancakes

INGREDIENTS

- 1 cup rolled oats (or 3/4 cup oat flour)
- 3/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- a generous 1/4 teaspoon kosher salt
- 2 ripe bananas, one mashed and one thinly sliced
- 1 cup buttermilk
- 2 large eggs
- 1 teaspoon vanilla
- 2 tablespoons canola or safflower oil
- 1 tablespoon maple syrup, plus more for serving
- walnut or pecan pieces, for serving

INSTRUCTIONS

1. Place oats in the bowl of a small food processor and blitz until finely ground (this will give you 3/4 cup of oat flour). Pour into a large bowl.
2. Add all-purpose flour, baking powder, baking soda, cinnamon, and salt to bowl and whisk until combined.
3. In a medium bowl, whisk together mashed banana, buttermilk, eggs, vanilla, oil, and one tablespoon maple syrup until combined. Pour into bowl with dry ingredients and stir just until combined.

4. In a large nonstick or cast-iron skillet over medium heat, add enough canola oil (and a bit of butter if you'd like) to coat the bottom of the pan. Pour 1/3-cup portions of batter onto skillet, cooking until bubbles form on top of batter and edges are turning golden. Flip and cook a minute more until bottoms are golden.
5. Keep warm in a 200 degree oven on a sheet pan lined with a cooling rack until ready to serve. Serve with sliced bananas, nuts, and warm maple syrup.