

# Healthy Pancakes

**2 eggs**

**1 banana**

**3/4 c dry oats**

**1/2 c unsweetened applesauce**

**1/2 tsp cinnamon**

**1/2 tsp pure vanilla extract**

- Blend all ingredients together in a blender.
- Pour pancakes on griddle.
- Flip when bubbly.
- Top with pure maple syrup.

**\* I add fruit after I pour on griddle. Blueberries, strawberries, and peaches are delicious.**

**\* You can also add some pumpkin puree and pumpkin pie spice to make pumpkin pancakes.**



[www.nauandforever.com](http://www.nauandforever.com)