

Breakfast

# Banana Oatmeal Pancakes

Side Effect: Diarrhea

**10 Mins**  
Prep Time

**10 Mins**  
Cook Time

**6**  
Servings

**217** Calories   **6g** Fat   **37g** Carbs   **5g** Protein



## Ingredients

**6** Servings • **3** Pancakes Serving Size   **20 Mins** Total Time   **Allergens:** Nuts, Gluten

**2 Cups** Complete Pancake Mix

**1** Large Banana, very finely chopped

**½ Cup** Old Fashioned Oats

**¼ Cup** Walnuts, chopped

**2 Tbsp** Pecans, chopped

Optional: Additional pancake toppings (maple syrup, fruit sauce, whipped cream)

### Allergen Swap

**Nuts** Omit nuts

**Gluten** Choose a gluten-free pancake mix; choose gluten-free oats



#### Bananas

Bananas help bind water and slow digestion, which may help to prevent or improve diarrhea symptoms.



#### Old-Fashioned Oats

Oats contain beta-glucan, a type of soluble fiber that helps bind water, adding bulk and slowing digestion.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Ingredients

In a large bowl, prepare pancake mix per package directions. Add the banana, oats, and walnuts and stir well.

### 3. Cook Pancakes

Heat a griddle or grill pan and spray with non-stick cooking spray. Once hot, pour batter by  $\frac{1}{4}$  cups onto the hot griddle. Flip when bubbles form. Cook until the second side is golden-brown, and the pancake is cooked through. Top with desired toppings and enjoy.

### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [tasteofhome.com](https://www.tasteofhome.com)

## What You'll Need



Measuring Cups



Bowl



Whisk



Knife



Cutting Board



Griddle or Grill Pan



Non-Stick Cooking Spray



Spatula

- Purchase pre-chopped walnuts.