

FIXATE® RECIPES

BANANA OAT PANCAKES

Serves: 8 (1 pancake each)

GF GP VG

Total Time: 31 min. Prep Time: 15 min. Cooking Time: 16 min.

1 cup / 240 ml	unsweetened almond milk
2	large eggs
1	large ripe banana
1 tsp.	pure vanilla extract
1 tsp.	baking powder, gluten-free
½ tsp.	ground cinnamon
1 dash	sea salt (or Himalayan salt)
2 cups / 160 g	dry rolled oats, gluten-free
4 cups / 560 g	fresh mixed berries

SPECIAL EQUIPMENT: Coconut oil cooking spray

1. Place almond milk, eggs, banana, extract, baking powder, cinnamon, salt, and oats in blender; cover. Blend until smooth.
2. Heat nonstick skillet, lightly coated with spray, over medium-low heat.
3. Pour ¼ cup (60 ml) batter into skillet for each pancake; cook for 2 to 3 minutes, or until bubbles form on top of the pancake. Flip with spatula; cook for an additional 90 seconds. Repeat with remaining batter.
4. Serve with ½ cup (70 g) fresh berries each.

RECIPE NOTES:

- If you want to make sure these pancakes are gluten-free, look for certified gluten-free oats. Oats are a naturally gluten-free food; however, they are easily contaminated with gluten during harvesting. Therefore, to ensure you have a gluten-free product, look for the gluten-free variety.
- Wrap leftover pancakes in plastic wrap (or aluminum foil) and store for up to 4 days in the refrigerator. Pancakes can be reheated in a toaster.

SERVING SUGGESTION:
Top with 1 tsp. coconut oil, ghee, or peanut butter. Don't forget to count your .

Nutritional Information (per serving):

Calories:	152	Cholesterol:	47 mg	Fiber:	6 g
Total Fat:	3 g	Sodium:	139 mg	Total Sugars:	7 g
				Added Sugars:	0 g
Saturated Fat:	1 g	Carbohydrates:	27 g	Protein:	5 g

PORTION FIX Container Equivalents (per serving)	**THE 4 WEEK GUT PROTOCOL** Container Equivalents (per serving)
(REG) ½ 1	½ A 1

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the GP icon are designed to be 4 Week Gut Protocol-friendly, meaning they do not contain any gluten, dairy, corn, alcohol, artificial sweeteners, or highly processed soy ingredients. These recipes are great to use when following the protocol.

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.