

Oatmeal Pancakes



RANDY'S EAT SHOP
Recipes that Rock!

- 2 cups regular oatmeal blended or food processed into a “meal” texture
- 1 tsp baking powder
- 2 eggs
- 3 to 4 mid-size bananas over-ripe but not rotten or brown inside
- 1 tsp vanilla
- Unsweetened almond milk with or without vanilla added to the milk by the producer

In a medium bowl, mash the peeled bananas and eggs together using a hand mixer. Add the vanilla and mix. In a separate container, mix the baking powder and oatmeal meal, then add the dry mix to the wet mix. And remember, that is two cups bulk oatmeal ground into meal.

Start to mix the oatmeal meal with the liquid ingredients — it will be thick, Thin it out with a little almond milk at a time. Your goal is to get a batter that is like very thick gravy. You want the batter to spread out a little when poured on the hot griddle but not so thin that you end up so thin you can't flip the pancakes. You'll know the right consistency when you see it in the bowl. Just add the almond milk in small batches to control your batter density.

While you are letting the batter rest for a few minutes, you'll want to heat up your griddle. Heat the griddle up on medium-high to high heat. After about five minutes get some water on your hand and sprinkle the drops on the hot pan. If it sizzles and evaporates quickly your pan is ready.

I use an “oil mister” to lightly dust the griddle so the batter won't stick.

Use a 1/4 cup measuring cup and scoop out one unit of batter for a “test” pancake. Dump it on the griddle. The batter will start to brown around the edge fairly quickly. Don't wait for bubbles to appear in the batter as a clue to flip the pancakes. If you do that your dense oatmeal pancakes will burn. Spritz some oil on your spatula and slide it under your test pancake. If it slides easily under the batter, its ready to flip. Do so. If it resists, let the pancake cook a bit longer. You may have to flip the pancake several times to get it cooked without burning it but now you have a known process to cook the balance of your batter.

To determine if the pancakes are cooked, lightly press one of the pancakes with your spatula. If they are spongy, cook them a little longer by flipping them at short cooking intervals, say one minute. If you lightly press them and they are firm, then they are done — remove them from the griddle.

Top your pancakes with PURE maple syrup or with a light spread of butter and then sprinkle Randy's Eat Shop mixture of cinnamon and Monk Fruit Sugar. Here's the mixture:

- 1 tablespoon ground cinnamon
- 1/4 cup Monk Fruit Sugar

Mix it together so it creates a dark brown consistent color and then pour it into a shaker container. Shake it on your buttered pancakes and enjoy!

Yield: 12 pancakes. Leftovers are freezable for breakfast another time.

Enjoy! And remember, every day is Friday on the patio.

© 2025 livingonthepatio.com