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June 9, 2022 Cooking Demo: Overnight Oats & Banana Oat Pancakes

2 healthy, super simple, make-ahead breakfast options that are sure to keep you full until lunchtime! Oats are an excellent source of dietary fiber and even have a range of cholesterol-lowering properties. These recipes show you easy (and tasty) ways to amplify the dietary benefits of oats with other heart-healthy sources of protein, fiber, potassium, and antioxidants.

Overnight Oats

This recipe comes together in mere minutes and lasts in the fridge for 4-5 days. Who wants hot and heavy oatmeal in the summertime? This simple and endlessly riffable recipe makes for warm-weather friendly oatmeal. The oats soften and plump up, but maintain a lovely freshness when soaked overnight.

Feel free to get creative with toppings and fix-ins! You can add some protein and richness by dolloping in a scoop of yogurt or your preferred nut butter. You can add texture and even more fiber and nutrients by topping your serving with your favorite nut or seed. You can up the flavor, fiber, potassium, and antioxidants by topping your serving with your favorite fruits! The possibilities are endless, but here's one of my favorite versions - topped with greek yogurt, bananas, blueberries, and walnuts.

Yields 4 servings

For the oats:

1 cup old fashioned rolled oats
2 tablespoons chia seeds or flaxseeds
1¼ cups unsweetened almond milk, or your preferred milk
1 tablespoon maple syrup, honey, agave, or your preferred sweetener, plus more to taste
Pinch of salt

For serving (optional):

¼ cup nonfat greek yogurt
½ banana, sliced
⅓ cup blueberries
2 tablespoons toasted walnut pieces

1. Stir together the oats, chia seeds, milk, and sweetener in a bowl or tupperware. Cover and place in the refrigerator overnight.
2. To serve, scoop some of the oats mixture into a bowl. Add an additional splash of milk to thin out the oatmeal, if desired. Top with a dollop of yogurt, bananas, blueberries, and walnuts, and enjoy.

Nutritional facts (per serving, with toppings): Calories: 255 Total Fat: 7g Saturated Fat: 0.5g Cholesterol: 0mg Sodium 86mg	Total Carbohydrate: 38.7g Dietary Fiber 7.1g Total Sugars: 18.1g Protein: 12.3g Calcium: 232mg Iron: 2mg Potassium: 446mg
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Banana Oat Pancakes

Making these pancakes is as simple as mashing together banana & eggs and stirring in some oats. The inside is naturally sweetened by the bananas, and has a super tender and custard-y texture, while the edges get crisp and golden, like a traditional pancake. But these pancakes won't leave you feeling weighed down, plus bananas are loaded with potassium, which is great for controlling blood pressure.

These protein and potassium-packed pancakes are an excellent vessel for your favorite flavors - you can stir a dollop of your favorite nut butter into the batter, add a pinch of cinnamon (another anti-inflammatory source of antioxidants) or dash of vanilla, or even stir in some blueberries (or a few chocolate chips!). Top the pancakes with your favorite fruit for added vitamins and fiber, or a dollop of yogurt for added protein.

You can easily scale this recipe up to produce more servings, plus the pancakes freeze well and can be easily warmed in a toaster oven or microwave.

1 serving

Ingredients:

1 ripe banana

2 eggs

¼ cup old fashioned rolled oats

½ teaspoon cinnamon, optional

Pinch of salt

1 teaspoon coconut oil (or other neutral oil, or butter, for frying)

1. Mash the banana until smooth. Beat in the eggs until the mixture is homogeneous. Stir in the oats, cinnamon, and a pinch of salt.
2. Heat 1 teaspoon of coconut oil in a large nonstick skillet. Add scoops of the batter and cook until golden and set, about 1-2 minutes per side. Top with berries, if desired, and serve immediately.

<i>Nutritional facts:</i> Calories: 320 Total Fat: 14.6g Saturated Fat: 6.9g Cholesterol: 327mg Sodium: 125mg Total Carbohydrate: 36.6g	Dietary Fiber 4.9 g Protein: 14.2g Vitamin D: 31mcg Calcium: 69mg Iron: 2mg Potassium: 545mg
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