

Blood Sugar-Friendly Banana Oat Pancakes

Wholesome whole-grain pancakes naturally sweetened with banana. High fiber content and protein help maintain steady blood sugar levels throughout your morning.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 4

GL 28.1 / GI 52

Ingredients

old-fashioned rolled oats

hot water

canola oil

brown sugar

whole-wheat flour

all-purpose flour

baking powder

baking soda

salt

ground cinnamon

skim milk

fat-free plain yogurt

ripe banana, mashed

large egg

Instructions

Step 1

Pour hot water over the rolled oats in a large mixing bowl and allow them to soak for 2 minutes until they become soft and creamy. Stir in the canola oil and brown sugar, then set the mixture aside to cool for a few minutes while you prepare the dry ingredients.

Step 2

Whisk together both flours, baking powder, baking soda, salt, and ground cinnamon in a separate medium bowl until evenly combined. This ensures the leavening agents are distributed throughout the flour mixture.

Step 3

Add the skim milk, yogurt, and mashed banana to the cooled oat mixture, stirring until everything is well incorporated. Crack in the egg and beat it thoroughly into the wet ingredients until no streaks remain.

Step 4

Pour the flour mixture into the wet oat mixture and gently fold together using a spatula or wooden spoon. Mix only until the dry ingredients are just moistened—some small lumps are fine and overmixing will create tough pancakes.

Step 5

Heat a nonstick griddle or large skillet over medium heat. Once the surface is hot, lightly coat with cooking spray if needed. Pour approximately 1/4 cup of batter onto the griddle for each pancake, spacing them about 2 inches apart.

Step 6

Cook the pancakes undisturbed for 2 to 2.5 minutes until small bubbles form across the entire surface and the edges appear set and lightly golden. This is your signal that they're ready to flip.

Step 7

Use a wide spatula to flip each pancake carefully and cook for an additional 2 to 3 minutes on the second side until golden brown and cooked through. Transfer finished pancakes to a warm plate and repeat with the remaining batter, adjusting heat as needed to prevent burning.

Step 8

Serve the pancakes warm, ideally with a protein-rich topping like Greek yogurt or a small amount of nut butter. For best blood sugar control, eat these alongside eggs or after consuming some vegetables or nuts to further slow glucose absorption. Each serving is 3 medium pancakes.