

Banana Oat Pancakes with Pumpkin Seeds (Low FODMAP)

Naturally sweet pancakes made with firm bananas, oats, and pumpkin seeds create a gut-friendly breakfast that's both nourishing and delicious.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 4

Low FODMAP ✓

Ingredients

3 medium, mashed (about 300g total) firm, unripe bananas

150g (certified gluten-free if required) rolled oats

60g (pepitas) pumpkin seeds

4 large free-range eggs

2-3 tablespoons for cooking vegetable oil

Instructions

Step 1: Prepare the pancake batter

(5 min)

In a large mixing bowl, combine the mashed bananas, oats, and pumpkin seeds. Crack the eggs directly into the bowl and whisk everything together vigorously until you have a thick, cohesive batter. The mixture should be chunky from the oats and seeds, with the banana and eggs binding everything together. Let the batter rest for 2-3 minutes to allow the oats to absorb some moisture.

Step 2: Heat and prepare the pan

(2 min)

Place a non-stick frying pan or griddle over high heat for about 1 minute, then reduce to medium heat. Lightly grease the surface with vegetable oil using a paper towel or brush. The pan is ready when a drop of water sizzles and evaporates immediately upon contact.

Step 3: Cook the pancakes

(3 min)

Spoon about 1 tablespoon of batter onto the hot pan for each pancake, gently spreading it into a round shape about 8cm (3 inches) in diameter. Cook for 2-3 minutes without disturbing, until you see the edges beginning to set and small bubbles forming on the surface. The underside should be deep golden brown with crispy edges.

Step 4: Flip and finish cooking

(15 min)

Using a thin spatula, carefully flip each pancake and cook for another 2-3 minutes on the second side until golden brown and cooked through. The pancakes should feel firm when gently pressed. Transfer to a warm plate and repeat with the remaining batter, adding a little more oil to the pan between batches as needed. If you have a large pan, you can cook 3-4 pancakes simultaneously.

Step 5: Serve and enjoy

(5 min)

Stack the warm pancakes on serving plates and top with a generous dollop of lactose-free Greek yogurt. Drizzle with pure maple syrup (1 tablespoon per serving maximum) and scatter fresh blueberries (20 berries per serving) over the top. Serve immediately while the pancakes are still warm and slightly crispy around the edges.