



Dose  of Nutrition

Date & Banana Cakes

BY HUMA NAZ



Serves about
2
(5-6 cakes)

Total time: up to 15 mins.
Vegetarian
Gluten-free

INGREDIENTS

- 1 tbsp. grass-fed butter or 2 tbsp. oil (add/subtract as needed)
- 1 cup old fashioned rolled oats
- 2 large & soft Medjool dates (pitted)
- 1/2 cup unsweetened milk of choice
- 1 large overripe banana
- 1/2 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1/2 tsp. baking soda

DIRECTIONS

- 01** Process the oats in a food processor until it is almost flour-like.
- 02** Wash and process the dates in a food processor until semi-smooth. You will have to scrape the sides of the processor between pulses.
- 03** In a medium bowl, mix together the dry ingredients- oats, baking soda, cinnamon.
- 04** In another bowl, mash the bananas with a fork. Then, add in vanilla extract, dates, and mix until well combined.
- 05** Combine the wet and dry ingredients(step 3 & 4) into one bowl and gradually add in milk as you stir the mixture until everything is well combined. Batter can have a bit of a chunky consistency-adds texture!
- 06** Heat some of the butter or oil in a medium pan or griddle on low-medium heat (may not need oil/butter for non-stick). Once the pan is heated, pour in batter with a medium sized ice-cream scoop. Slightly pat down batter so it spreads a bit and it looks similar to a pancake.
- 07** Cook until you see the edges and bottom of the cakes turn golden-brown. Flip and cook until both sides are golden-brown(can take 2-3 minutes on each side).
- 08** Enjoy warm with an optional drizzle of 100% maple syrup, nut butter, or on its own!

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RECIPE NOTES

- You can store the cakes in the fridge (2-3 days) or freeze them.
- Make sure the pan is heated before putting in the batter. You can make a tiny pancake to test the temperature and make sure it doesn't burn.

Share your recreations
with me on Instagram-
I'd love to see!
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