

Cinnamon Oatmeal Pancakes

5 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Oats (rolled)
1 tsp Baking Powder
1 tbsp Cinnamon
1 Egg
1 1/2 cups Unsweetened Almond Milk
2 tbsps Coconut Oil (divided)
1/4 cup Pomegranate Seeds
1/3 cup Raspberries
1/4 cup Pumpkin Seeds

DIRECTIONS

- 01 In a food processor, process the rolled oats until it creates a flour-like consistency. Add the baking powder and cinnamon and pulse to combine.
- 02 Add the egg, almond milk and half of the coconut oil to the oat mixture and process until well combined.
- 03 Add the remaining coconut oil to a large skillet and place over medium heat. Once hot, pour the batter into skillet the to form one pancake about 3-inches wide.
- 04 Once small holes begin to appear in the surface of the pancake, flip over. Cook each side approximately 3 to 4 minutes. Repeat until the batter is finished.
- 05 Top the pancakes with pomegranate seeds, raspberries and pumpkin seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months. Reheat by cooking in a pan with oil on medium heat or pop in the toaster if frozen.

SERVING SIZE

One serving is roughly 2 pancakes.

ADDITIONAL TOPPINGS

Add nuts, seeds, or berries on top.