



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

- 1 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.
- 2 Add the egg, almond milk and half of the coconut oil to the oat mixture and process until well combined.
- 3 Add the remaining coconut oil to a large skillet and place over medium heat. Once hot, pour the batter into skillet to form one pancake about 3-inches wide.
- 4 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.
- 5 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.