

## RECIPE

# Coconut Oat Pancakes



Once in a while, I think everyone enjoys pancakes for breakfast - the toasty flavor of hot cakes, right off the griddle, topped with real maple syrup. It just feels like morning sometimes!

This recipe takes everything I love about pancakes, and makes them more nutritious and healthful, ensuring that breakfast remains the most important meal of the day, even when indulging in my morning sweet tooth!

## Coconut Oat Pancakes

1 1/2 Cups Coconut milk

1/4 water

2 cups rolled oats (or oat flour)

2 tsp baking powder

1 tsp cinnamon

1/2 tsp baking soda

1/2 tsp salt

Heat a non-stick griddle to 400 degrees.

In a good blender, pour the coconut milk, followed by the oats. Add the remaining ingredients, and blend until smooth.

Lightly grease the griddle, and pour the batter by 1/4 cup scoops onto the hot griddle. Cook until the edges begin to dry, then flip them over. They are done cooking when the center is firm and both sides are golden brown.

Serve warm with maple syrup, or Coconut Date Spread!