

# Healthy Pancake and Waffle Recipe

Recipe from the kitchen of the **Simplify For More** Blog

## Ingredients:

1 banana  
¾ cup whole milk  
½ tsp baking powder  
½ tsp cinnamon  
1 cup blended oats (we just throw them in the blender)  
1 tsp coconut oil  
1 tsp vanilla

## Directions:

1. Place raw oatmeal in the blender or food processor and blend until it is the consistency of flour.
2. Combine and mix all of the ingredients together. I have used a blender, standing mixer, and mixed by hand. All three processes worked well, but I usually use my standing mixer.
3. For pancakes, cook in a pan on the stove or on an electric cooktop until they are cooked through and golden on both sides. For waffles, cook in a waffle maker until they are cooked through and golden.
4. Enjoy! We have enjoyed these about a million different ways. You can have them with syrup, berries, applesauce, on their own, or any other way you can think of!