





PB+J Pancakes:

- 1 cup rolled oats
 - 1 banana
 - 1 cup water
 - 2 tbsp coconut sugar
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1. Blend all ingredients in a high speed blender until smooth.
 2. Use a non stick pan and bring to low medium heat and cook the batter like you would normal pancakes (wait until the first side has lots of bubbles, flip, wait 3 minutes, take off pan.)
 3. This recipe makes about 7 larger pancakes and 9 small ones.
 4. Top these with a hefty drizzle of peanut butter and my homemade [Mixed Berry Chia Jam](#)! Enjoy!