



PB+J Pancakes:

- 1 cup rolled oats
- 1 banana
- 1 cup water
- 2 tbsp coconut sugar

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!