

# World's Easiest Pancake

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1-3/4 cup oat flakes\* (or oat flour)
- 1 cup coconut milk\*
- 1/2 tsp pure vanilla extract
- 1 banana
- 1/4 cup any small berries\* (blueberries, raspberries or blackberries)
- 1 tbsp coconut oil

## Instructions:

1. Place oat flakes in a blender or food processor and blend until it forms an almost flour texture. Add coconut milk, vanilla, banana and blend. Then add the blueberries and blend.
2. Let the mixture sit for a few minutes while you warm up your pan and melt the coconut oil.
3. Place 1/4 cup mixture on pan for each pancake (if you like them small like the size in my photo) and cook until the outside turns golden brown and then flip. Cook for a few more minutes on the other side.
4. Serve with a dollop of coconut butter (not to be confused with coconut oil) and some loose berries. Drizzle with unpasteurized honey or real maple syrup.

## Notes:

Substitutions\* - Coconut milk: Almond, hemp, flax milk or organic kefir would also work well. - Oat flakes: Quick oats are fine (not instant oatmeal though). - Berries: You can easily use frozen as well. NOTE: It is okay if the pancakes are a little soft in the middle. This is because of the banana. You don't need to actually cook them all the way through because they don't have any eggs.