

UCI Susan Samueli Integrative Health Institute



Provided by Kim Storm, MS, RD

Power Pancakes

Ingredients

1 cup rolled oats

1 banana

1 egg

34 cup milk (plant or dairy)

14 teaspoon cinnamon

¼ teaspoon baking powder

14 teaspoon baking soda

½ teaspoon vanilla

1 tablespoon olive oil

2 large handfuls of spinach

Instructions

- 1. Add all ingredients to a blender. Mix together on high speed until pancake batter is smooth.
- 2. Heat a large skillet over medium heat. Add a bit of oil and pour ¼ cup of the pancake batter onto the skillet, cooking 3 pancakes at a time.
- 3. Cook for 1-2 minutes per side or until lightly browned.

*Go pink! You could also use ½ shredded raw beet in place of the spinach and the pancakes will be delightfully pink. Recipe serves 2.