

Healthy Recipes

Kamal's Oatmeal Pancakes

1 cup	rolled oats
1/2 cup	spelt or kamut flour
2-4 tbsp	unpasteurized honey
1/2 tsp	aluminum-free baking soda
1/2 tsp	aluminum-free baking powder
1 tsp	ground cinnamon
1 tbsp	pumpkin seeds
1 tbsp	sunflower seeds
1 tsp	vanilla
2	eggs
3/4 cup	almond, soya or rice milk or water

Combine above ingredients and let sit for 15 minutes. After sitting, you may add more liquid (your choice of almond milk, soya milk, rice milk or water).

Medium heat your pan, once warm.

Before putting the batter onto the pan, you can add ½ scoop of yogurt or sour cream to the batter and then ladle your pancakes. You may need a spoon to even out cake appearance.

The yogurt or sour cream will give a good source of calcium and protein. If you choose to skip this step, no problem, they still taste great!

Alternatives:

Instead of eggs (and honey) add half a banana to make vegan oatmeal pancakes!

Instead of adding maple syrup onto the pancakes, try with juice of orange and orange rind. You'll be surprised how good this tastes! If you prefer maple syrup, use the real, organic maple syrup, as it is a naturally occurring sugar loaded in vitamins and minerals!

Instead of buttering the pancakes, add olive oil.

If you're headed out for a long day either in the city or the outdoors, slipping in a few unsweetened dark chocolate chips. It certainly gives it a trail mix pancake type feel.

This is a great recipe treat to be had by kids of all ages! You can be sure to start your day off guilt-free and nutritionally loaded with this meal. Enjoy!