



# Recipes

## Breakfast

### Oatmeal Pancakes or Waffles

*Prep Time: 10 minutes*

*Cooking Time: 10-20 minutes*

*Yield: 2 servings*

**Ingredients:**

2 cups rolled oats  
2 cups water  
1 banana  
2 tablespoons maple syrup  
1/4 teaspoon sea salt  
1 teaspoon vanilla extract  
2 teaspoons oil

**Directions:**

1. Place all ingredients, except oil, in a blender and blend until smooth.
2. Let stand a few minutes until batter thickens.
3. If batter is too thick to pour easily, add some water.
4. Heat oil in frying pan or skillet.
5. Pour batter, by 1/4 - 1/2 cup, into pan and cook for 2-3 minutes on each side.
6. For waffles: Pour into a heated waffle iron and cook for 10 minutes.

**Variations:**

Try adding chopped walnuts to the pancake batter.  
Top with simple fruit syrup made by heating apple juice to almost boiling and stirring in kudzu root to thicken.