

Cinnamon Oatmeal Pancakes

MADELINE SPERBER

Hello Seagate family,

As we are taking strong measures to contain the spread of COVID-19, self-quarantine and the temporary closing of businesses may affect normal food-related practices. We may find ourselves more inclined to eat emotionally during these unprecedented times. This is the time to stay as healthy as possible.

Good nutrition is crucial for health, particularly in times when our immune systems need to fight back. I am challenging you to drink more water, get out and exercise while enjoying our beautiful community (with a mask on and practicing social distancing of course), eat more vegetables and fruits while staying clear from highly processed foods, which tend to be high in fats, sugars and salt. Nonetheless, even with few and limited ingredients, one can continue eating a diet that supports good health. We are here to help and will be sending our simple healthy recipes for you to experiment with in your kitchen while you are home with your families. We look forward to having you back in good health.

Cheers to building our immune systems and coming out of this strong,

Madeline Sperber
Fitness Director

Cinnamon Oatmeal Pancakes

5 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Oats (rolled)
1 tsp Baking Powder
1 tbsp Cinnamon
1 Egg
1 1/2 cups Unsweetened Almond Milk
2 tbsps Coconut Oil (divided)
1/4 cup Pomegranate Seeds
1/3 cup Raspberries
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	300	Cholesterol	37mg
Fat	13g	Sodium	164mg
Carbs	38g	Vitamin A	211IU
Fiber	8g	Vitamin C	3mg
Sugar	2g	Calcium	243mg
Protein	10g	Iron	4mg

DIRECTIONS

- 01 In a food processor (or blender), process/blend the rolled oats until it creates a flour-like consistency. Add the baking powder and cinnamon and pulse to combine.
- 02 Add the egg, almond milk and half of the coconut oil to the oat mixture and process until well combined.
- 03 Add the remaining coconut oil to a large skillet and place over medium heat. Once hot, pour the batter into skillet to form one pancake about 3-inches wide.
- 04 Once small holes begin to appear in the surface of the pancake, flip over. Cook each side approximately 3 to 4 minutes. Repeat until the batter is finished.
- 05 Top the pancakes with pomegranate seeds, raspberries and pumpkin seeds. Enjoy!