

## **Oatmeal Pancakes**

2 bananas

1 cup of oatmeal

1 tablespoons chia seeds mixed 3 tablespoons of water... you let it sit 5 minutes before adding

1/2 teaspoon cinnamon

1 teaspoon baking powder

Added raisins or nuts as desired.

Mix in vita mixer

Yields about 7 - 4" round pancakes