



Superfood Pancakes

with Chocolate, Flax, Chia & Oats



*Eat well.
Live well.*

*Soy-Free. DF. GF. *Sugar-Free.

*Vegan. Vegetarian.

*Good for ALL Blood Types

What you'll need:

- 1 cup 'Bobs' Red Mill' GF pancake mix
- 1 1/4 cup unsweetened almond milk*
- 1/2 cup GF oats, rinsed well
- 1/4 cup 'Enjoy Life' dark chocolate mini morsels*
- 1 egg*
- 2 tbsp chia seeds
- 2 tbsp flax meal/powder
- 1 tbsp 'Amazing Grass' Sweet Berry Superfood Greens
- 1 tbsp sugar-free vanilla extract
- 1/4 tsp ground cinnamon*
- 1 ripe banana, mashed*

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible.

PREP: 5 minutes

COOK: 10 minutes

SERVES: 2-4

- 1) Pre-heat fry pan on medium heat. Lightly coat with oil so pan doesn't burn.
- 2) Mash up your banana until creamy.
- 3) Mix all ingredients together in a large mixing bowl. Stir until creamy and blended evenly.
- 4) Place small, thin rounds of batter on fry pan with enough spacing to flip pancakes evenly.
- 5) Wait 30 seconds to a minute to flip, or look for little air bubbles that start appearing and then flip. *It's best to flip more consistently so one side doesn't burn. The banana tends to brown quicker than the rest of the ingredients.

No need to cover in syrup, these pancakes are sinfully delicious by themselves. But if you'd like a little moisture on them, you can use a butter that fits your dietary preferences, or brush a little olive oil on them. This recipe is KID approved.



Soy-Free: We recommend Enjoy Life mini dark chocolate morsels to keep this recipe soy-free.

Sugar-Free: Make sure the almond milk & vanilla extract are sugar-free.

Vegan: Substitute the egg with 2 tbsp of canola oil.

Blood Types:

- If you are a **B** Blood Type, you are supposed to avoid cinnamon. Just leave it out.
- If you are an **AB** or **A** Blood Type, you are supposed to avoid bananas. Just leave it out for there is no replacement.