Big Deal About Breakfast

Did you know breakfast...

**FUELS YOUR TANK**
Fuels your energy that you will carry throughout the day and help overcome feelings of groggyness upon first waking up.

**PROVIDES NUTRIENTS**
Breakfast is your first chance at providing your body with essential nutrients during the day. Breakfast foods provide are rich in key nutrients such as folate, calcium, iron, B vitamins and fiber.

**BOOSTS BRAINPOWER**
It’s beneficial for your brain, memory, concentration, and mood, which help you perform better at work or in school.

**BUILDS STRONG BODIES**
Eating breakfast may help your heart, digestion, and bones. Common breakfast foods provide fiber and grains to reduce heart disease and improve digestion. Milk provides vitamin D and calcium for strong bones.

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**Healthy Oat Pancakes Recipe**

**INGREDIENTS:**
- 1/2 Cup oats, grounded
- 1 Tbsp honey
- 1 Egg
- 1/2 Tsp baking soda
- 1/2 Tsp baking powder
- 1 Tsp vanilla
- 1/2 Tbsp of coconut oil or butter

**DIRECTIONS:**
1. Grind oats in food processor or blender to make as the flour base.
2. In a bowl whisk the egg with honey and 2 Tbsp of water or milk of your choice.
3. Add in the oats, baking soda, baking powder and vanilla and wish everything together.
4. Place a non-stick pan on medium heat and use coconut oil or butter to melt on pan.
5. Fry the pancakes in the non-stick pan.
6. Serve with your favorite toppings!

**COOK TIME:** 25 mins

**SERVING SIZE:** 2-4

**Toppings:**
- Add fruit: fresh, dried, frozen or canned fruits to make it naturally sweet.
- Add nut butter: to provide more protein & healthy fats.
- Add granola: add texture or another grain to keep you full.
- Top with Greek yogurt: to provide more protein.

We want to see your healthy oat pancakes! Post a photo or video of your food and tag @HealthCorps!