

- **1/2 Cup Oatmeal**
- **1 teaspoon Cinnamon**
- **1 teaspoon Vanilla**
- **Pecans**
- **1 Egg**
- **1 Tablespoon Water**

1. Start by turning your stove on medium heat. Use An egg pan.. it's the perfect size for this recipe!

2. Let coconut oil start to melt in bottom of pan.

3. Next mix oatmeal, cinnamon, vanilla, pecans, egg and water.

4. Pour into pan and flatten. I usually try to make the pancake the size of my pan.

5. Cook until brown.

6. Flip and add a bit more coconut oil.

7. Once both sides are browned, remove from heat and pour some syrup!