



**Makes 12 small or 6 large
pancakes**

Cook Time: 30 minutes

INGREDIENTS:

RASPBERRY-DATE SYRUP

4 oz. pitted dates, chopped (7 to
8 Medjool or 14 to 16 Deglet
Noor)

½ cup fresh raspberries,
strawberries, or blueberries, or
chopped peeled kiwifruit, peach,
or mango

PANCAKES

2 cups unsweetened, unflavored
plant-based milk, plus more to
thin batter as needed

2 oz. pitted dates, chopped (3 to
4 Medjool or 6 to 8 Deglet Noor)

1½ cups old-fashioned rolled
oats

½ cup cornmeal

1½ teaspoons regular or sodium-
free baking powder

½ teaspoon baking soda

½ teaspoon ground cinnamon

1 tablespoon lemon zest

3 tablespoons lemon juice

¼ cup finely chopped walnuts
(optional)

Fresh raspberries (optional)

Oatmeal-Lemon Pancakes with Raspberry-Date Syrup

These oatmeal pancakes rise nicely and fill your kitchen with a wonderful
lemony aroma. Top pancakes with walnuts and a fruit syrup naturally
sweetened with dates. Use any leftover syrup on fruit or oatmeal.

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out our [14 Boredom-Busting Plant-Based Breakfasts](#).

By Cathy Fisher

- 1** For syrup: In a blender combine 4 oz. dates, the raspberries, and
1½ cups water. Let stand at least 15 minutes to soften dates.
Cover and blend until smooth and pourable consistency. Set
aside. (Syrup will thicken as it sits. If needed, add more water to
thin.)
- 2** In a small bowl combine milk and the remaining 2 oz. dates; let
stand 15 minutes to soften dates. Place oats in a blender; cover
and blend until oats are ground to a flourlike consistency.
Transfer to a medium bowl. Whisk in cornmeal, baking powder,
baking soda, and cinnamon; make a well in the center.
- 3** Pour milk-date mixture into the blender; cover and blend until
smooth. Add mixture to dry ingredients along with lemon zest
and juice. Whisk until smooth.
- 4** Heat a griddle or extra-large nonstick skillet over medium until a
few drops of water jump and sizzle. For each pancake, pour ¼ to
½ cup batter onto hot griddle. Cook pancakes 1 to 2 minutes or
until surfaces are bubbly and undersides are medium brown. Flip
pancakes and cook 1 to 2 minutes more or until surfaces are
bubbly and undersides are medium brown. Flip pancakes and
cook 1 to 2 minutes more or until Browned. (If batter gets too
thick while it sits, stir in a little more milk as needed.) Serve
pancakes with Raspberry-Date Syrup, and, if desired, chopped
walnuts and raspberries.