

DCNS March 2026 Recipe: Cinnamon Chia Seed Pancakes

Prep time: 5 minutes **Cook time:** 15 minutes **Yield:** 6—7, 4” small pancakes

Serving size: 2 pancakes

Ingredients:

- 1 cup all-purpose white flour
- 2 tablespoons whole chia seeds
- 1 tablespoon baking powder
- ¼ teaspoon cinnamon, ground
- 1 cup whole milk
- 1 teaspoon date syrup
- 1 egg
- 4 Tablespoons oil for cooking
- ¼ cup powdered sugar (garnish)



Instructions:

1. In a bowl, mix flour, chia seeds, cinnamon and baking powder.
2. In another bowl, whisk milk, date syrup and egg together.
3. Combine both mixtures, stirring only until they are just blended.
4. Let mixture stand for 5 minutes.
5. For the first batch, coat bottom of pan with 2 tbsp. of oil into a large (14”) skillet.
6. When skillet is hot, spoon in enough of the batter to make three - 4” pancakes.
7. Cook on medium heat until golden brown on both sides and remove from pan.
8. Cook second batch in same manner and remove from pan.
9. Sprinkle with powdered sugar and enjoy!

Nutritional Facts: Calories 338.16 Kcal | Fat 28.43 g | Protein 10.3 g | Carbohydrates 41.4 | Sugar 4 g | Salt 66.89mg