



Almond Quinoa Pancakes

Ingredients

1 cup almond flour

1 cup cooked quinoa

2 eggs

4 tablespoons coconut oil

1 teaspoon vanilla or almond extract

4 teaspoons baking powder

1/2 teaspoon salt

1 cup unsweetened almond or coconut milk, preferably homemade - NO carrageenan
(use less milk if a thicker pancake is desired)

Directions

1. Blend all ingredients together in a blender until smooth. Lightly brush a heated skillet with coconut oil and cook pancakes on medium heat until browned on both sides.
2. Consider your pancake toppings carefully! Even natural sources of sugar, like that found in pure maple syrup, is sugar, and your body recognizes it as such. Please use sparingly, if at all. Many brands of so-called maple syrups are in fact high fructose corn syrup with caramel color added - yuck!

If you MUST have your syrup, consider adding 2 tablespoons of pure maple syrup to the batter before cooking instead of pouring it on afterwards. Enjoy!