

Quinoa Pancakes

Ingredients:

1 cup cooked quinoa (or brown rice)
 ¾ cup whole-wheat flour
 2 tsp baking powder
 ½ tsp salt
 1 large egg, plus 1 large egg white
 1 tbsp unsalted butter melted
 ¾ cup milk
 2 tbsp maple syrup, agave or honey
 Serve with yogurt, fruit, cottage cheese, pumpkin puree applesauce...



Making it:

1. Bowl #1: whisk together quinoa, flour, baking powder and salt.
2. Bowl #2: whisk together egg, egg whites, butter, milk and syrup (or similar).
3. Whisk wet and dry mixtures together until fully combine.
4. Skillet or pan: Lightly coat with cooking spray or butter. Drop batter by heaping tablespoons full. Cook until batter bubbles across the to then flip. Should be golden brown on each side.

Tips and Hints:

- Grill cooking surface and re-grease as needed.
- You can add fruit to the batter such as chopped apples, blueberries, bananas, and mangoes.
- Option to freeze cakes between sheets of wax paper in zip-lock bags. Reheat in the toaster.
- Note: nutrition information does not include toppings such as yogurt fruit etc. Adding the toppings suggested in ingredient list will increase fiber, antioxidants and protein.

NUTRITION FACTS

Servings: 4 (makes ~12 total)

Serving Size: 3 pancakes

Total Calories	188
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Carbohydrate	23 g
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Total Fat	8.7 g
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Protein	5.7 g
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Fiber	2 g
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Prep Time: 15

Cook Time: 20