



# Recipes

## Breakfast

### Almond Pancakes

*Prep Time: 10 minutes*

*Cooking Time: 10 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 egg
- 1½ cups almond, rice or soy milk
- ¼ cup canola oil
- ¾ cups oat or whole wheat pastry flour
- ½ cup almonds, finely chopped
- 1 tablespoon non-aluminum baking powder
- ½ teaspoon sea salt

#### **Directions:**

1. Mix egg, milk and oil in a medium-size bowl.
2. Mix flour, almonds, baking powder and salt into a small bowl.
3. Combine dry ingredients into the wet ingredients.
4. Mix until dry ingredients are moistened.
5. Using a ¼ - ½ cup measuring cup drop pancakes onto a lightly oiled skillet and cook until golden brown on both sides.
6. Serve warm with maple syrup or honey.

#### **Variations:**

Try ½ cup of shredded coconut and/or ¼ cup malt-sweetened chocolate chips instead of almonds. Try a little lemon zest, the juice of one lemon (add a little less milk) and ½ cup poppy seeds for lemon poppy seed pancakes.