



Recipes

Breakfast

Almond Pancakes (Wheat-Free)

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

- 1 egg
- 1/2 cup almonds, finely chopped
- 1 3/4 cups oat (for a wheat-free option) or whole-wheat pastry flour
- 1 1/2 cups almond, rice or soymilk
- 1/4 cup canola oil
- 1 tablespoon non-aluminum baking powder
- 1/2 teaspoon sea salt

Directions:

1. Mix dry ingredients in a bowl.
2. Mix wet ingredients in a separate bowl, then pour into dry ingredients; combine.
3. Cook on lightly oiled skillet until golden brown. Serve warm with maple syrup or honey.

Variations:

Try substituting 1/2 cup of shredded coconut or 1/4 cup malt-sweetened chocolate chips for almonds. Add lemon zest, the juice of one lemon (add a little less milk) and 1/2 cup poppy seeds for lemon poppy seed pancakes.