

Whole Grain Pancakes

Ingredients (makes around 10 pancakes)

*Teff flour, 1 cup
*Almond flour, 1 cup
Oat flour, 1/2 cup
Ground flaxseed, 4 TBS
Date sugar or agave nectar, 2 TBS
Baking powder, 2 tsp
Sea salt, 1/4 tsp
Vanilla, 1 TBS
Olive oil, 2 TBS
Almond milk, 2 cups**

Directions

1. Heat a non-stick pan on low heat.
2. Whisk teff flour, almond flour, ground flaxseed, date sugar/agave nectar, baking powder, and sea salt in a mixing bowl.
3. Add vanilla, olive oil, and almond milk. Whisk until combined.
4. Scoop 1/4 cup of batter at a time and pour onto pan. Cook each side until desired brownness reached.
5. Eat plain, add fruit, or top with a touch of pure maple syrup.

*Can substitute with 2 cups of whole wheat flour. Will likely need to add more almond milk until desired consistency is reached. Can also substitute teff flour for oat flour or brown rice flour. Have not tried whole wheat flour with oat flour.

**For thinner pancakes, make a thinner batter by adding more almond milk. For thicker pancakes, make a thicker batter by adding less almond milk.

This recipe can also be used as is for waffles!

Banana pancakes: Mash 3 very ripe bananas in a bowl then add the wet ingredients plus an additional cup of almond milk. Mix dry ingredients in a separate bowl then add to wet ingredients. Can also be used for waffles.

Recipe Notes
