

# Almond, Quinoa & Flaxseed Pancakes



## TIPS:

1. These pancakes have **no sugar** added to them, except for the small amount of sugar contained in vanilla extract used to make the batter, but are more flavorful and versatile than traditional flapjack pancakes.
2. This recipe uses estimated, not exact, measurements to make preparation faster, easier...and a lot more fun.

**Preparation Time:** 5-7 minutes

**Cooking Time:** about 20 minutes for one batch of four 6-8 inch (15-20 cm) diameter pancakes

### **Ingredients**

(for four 6-8 inch (15-20 cm) diameter pancakes)

**1 Egg**

**Ground Almond or Almond Flour**

**Cooked Quinoa**

**Ground Flaxseed**

**Whole Wheat Flour (I'm using whole wheat pastry flour for its finer consistency, but any whole wheat, or even regular wheat flour, will work)**

**Dash Salt (optional)**

**Shot of Vanilla Extract**

**Shake of Ground Cinnamon**

**Milk**

**Butter or Margarine**



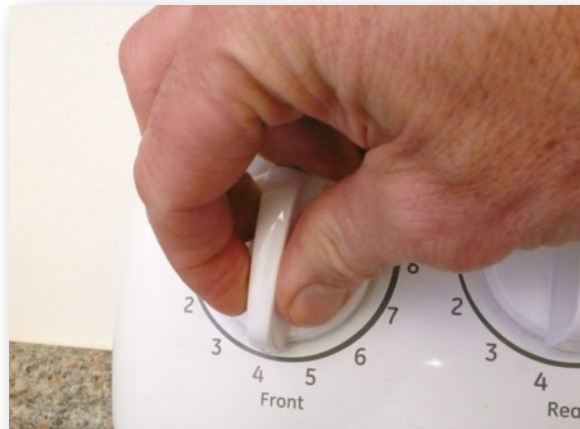
## Equipment

10 Inch Frying Pan  
Spatula  
Ladle or Large Spoon  
Medium Sized Bowl  
Table Knife  
Fork



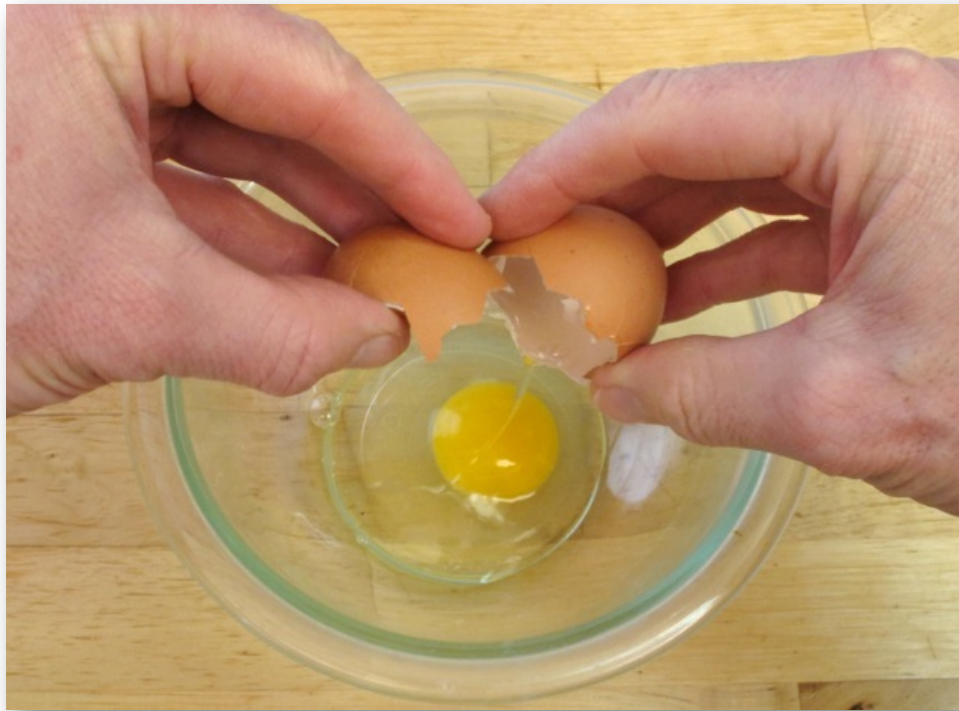


1. Put the frying pan on the stove, and turn on the burner to MEDIUM heat.



2. While the pan warms, make the **batter** by adding the following **ingredients** to a medium sized bowl:

**1 egg**



**Dash of salt (optional)**





## **Shot of vanilla extract (about 1 teaspoon)**



## **Shake of ground cinnamon**



**About as much cooked quinoa as shown here (2-3 tablespoons)**



**About as much ground flaxseed as shown here (1-2 tablespoons)**





**About as much ground almond or almond flour as shown here (1-2 tablespoons)**



**About as much whole wheat (or any) flour as shown here (1-2 tablespoons)**





## Good shot of milk



3. Use a fork to stir the **batter** until all the **ingredients** are completely mixed together as shown in the right photo below.



Add and stir in more **milk** until...



...the **batter** is thin enough to run off the fork about as shown here.



4. Check the frying pan for the proper cooking temperature by wetting your fingers with tap water and flicking the water onto the pan surface. The water should sizzle and evaporate. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner



for a few minutes. Turn down the stove heat setting on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep warming the pan until the water sizzles on contact.)



5. When the pan is warm enough to cook, add a **1/4 - 1/2 inch slab** (5-10 mm) of **butter** or **margarine** to the pan.



Swirl the **butter** or **margarine** in the pan by holding the pan handle and rolling your wrist until...



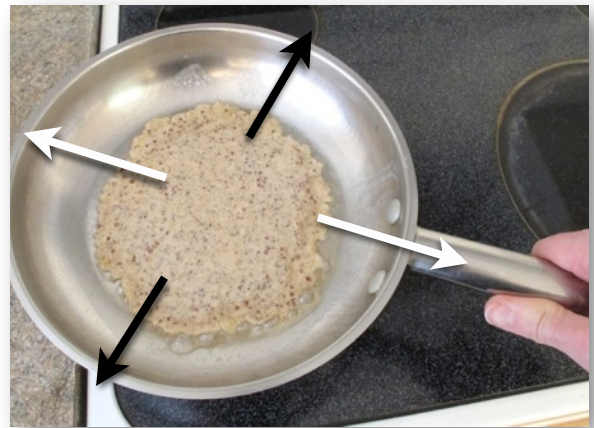
...the pan surface is coated evenly with **melted butter** or **margarine** like this.



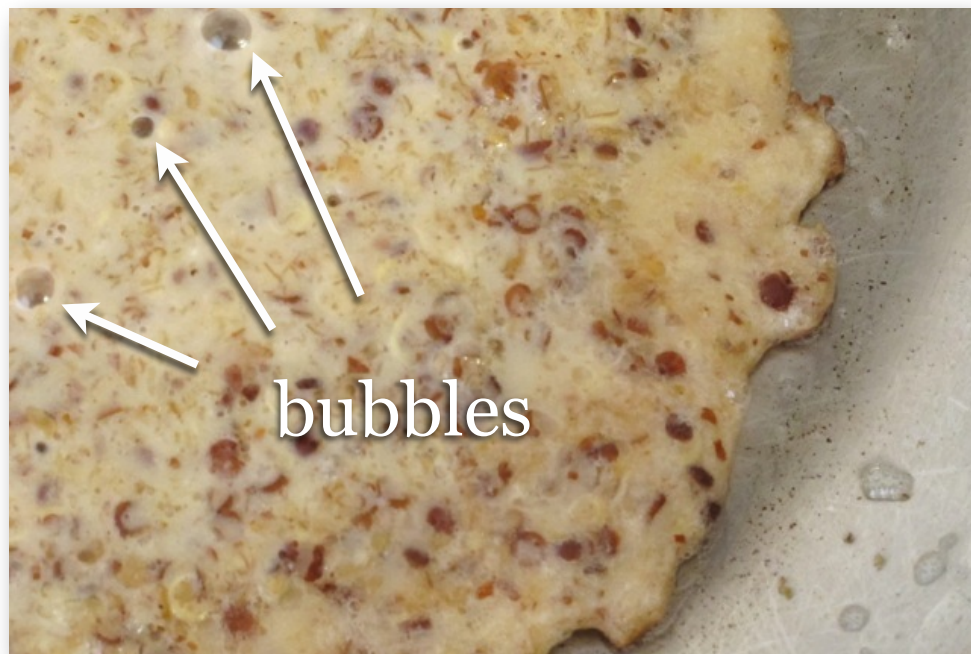
6. Ladle the **batter** into the pan to make **pancakes** 6-8 inches (15-20 cm) in diameter. (Tip the pan side to side and forward to backward



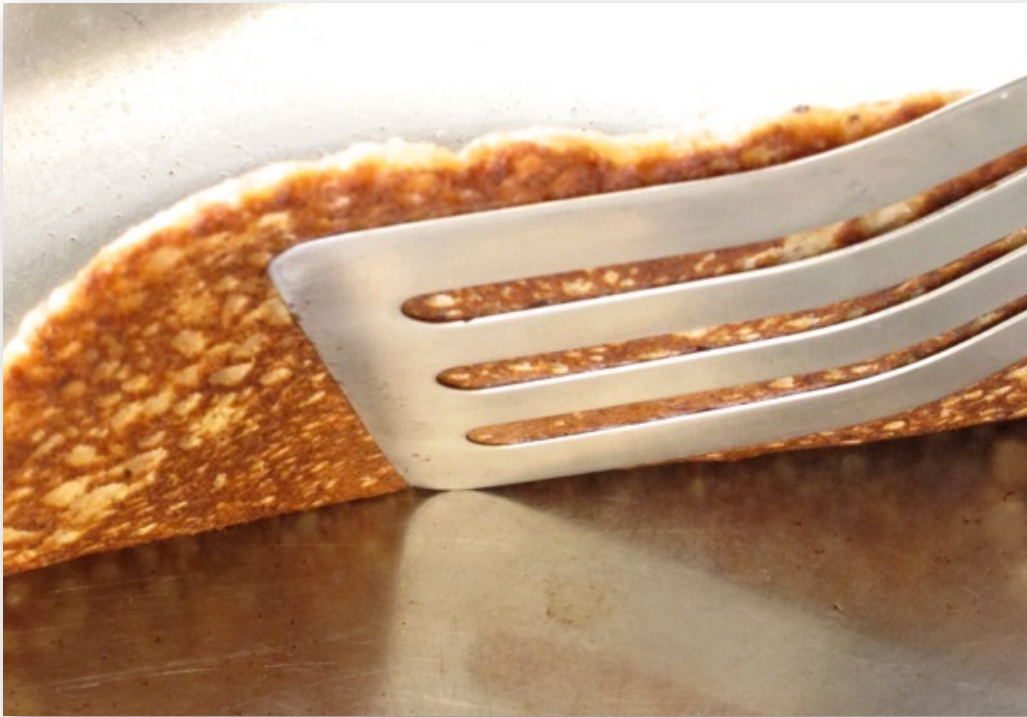
to spread the **batter** evenly as shown in the picture to the right below.)



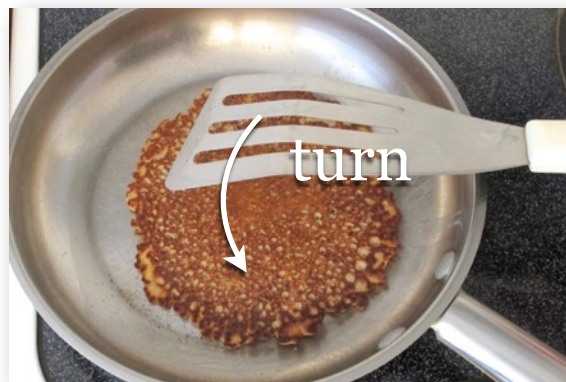
7. Cook for 1-2 minutes until the **top of the batter** bubbles and...



...the **bottom of the pancake**, when gently lifted with a spatula, has browned lightly.



When the **bottom of the pancake** has browned as shown above, slide a spatula under the **pancake**, and turn it over bottom-side up.



8. Cook for another 30 seconds to 1 minute until the **bottom of the pancake**, when lifted again with a spatula, is lightly browned about as shown here.





9. When the **pancake** is fully cooked as shown above, slide the **cooked pancake** out of the pan onto a plate, and...



...repeat steps 5-9 until all the **batter** is finished.



10. Serve warm with your **favorite toppings**. Here's one of my favorites: **almond, quinoa & flaxseed pancake** wrapped around **almond butter** and topped with **plain Greek yogurt**, **fresh fruit** (strawberries and mango are shown here), **dried fruit**, and a **good shot of whipped cream**.





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