

# Quinoa Pancakes

## Ingredients

3/4 cup	quinoa flour (175 ml)
1/4 cup	tapioca flour (60 ml)
1 tsp	baking soda (5 ml)
1/4 tsp	unbuffered Vitamin C crystals (1 ml)
1/2 tsp	cinnamon (2 ml)
1/4 tsp	nutmeg (1 ml)
1 1/2-2 Tbsp	safflower oil (30 ml)
1 cup	apple juice (250 ml)

Free of dairy products, wheat, yeast, corn, sugar, eggs, soy, nuts, nightshades, and gluten.

- In a bowl mix dry ingredients together. Add wet ingredients into dry ingredients to make a thin batter. Cook pancakes in a hot, oiled skillet until golden.
- Top with maple syrup, apple butter, or fruit.

Quinoa has a lovely flavour, and these pancakes will be enjoyed by all.

Yields 10 small pancakes.

*My friend remarked that these were the lightest pancakes he had ever eaten.*

## *DID YOU KNOW?*

*That quinoa was an ancient sacred staple food of the Incas. It contains all eight essential amino acids, making it a complete protein, and is delicious in soups and stews.*