

SUPER SEED POWER PANCAKES

(GF + V)

| makes 8 to 10 large pancakes | | prep time: 15 minutes | | cook time: 15 to 20 minutes |

- 1 tablespoon ground flaxseed
- 3 tablespoons water
- 1 cup unsweetened almond milk
- 1 tablespoon apple cider vinegar
- 2 tablespoons coconut oil, melted, plus more for cooking
- 2 tablespoons maple syrup, more for serving
- 1 1/2 teaspoons pure vanilla extract
- 3/4 cup gf oat flour
- 3/4 cup quinoa flour
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon fine sea salt

Super seed mix:

- 2 tablespoons toasted sunflower seeds
- 2 tablespoons toasted pumpkin seeds
- 2 teaspoons chia seeds
- 2 teaspoons hemp seeds
- 1 teaspoon poppy seeds
- 1 teaspoon black sesame seeds

Possible toppings:

- sliced mango
- sliced banana
- chia seeds
- bee pollen
- sliced almonds or other nuts
- hemp seeds
- cacao nibs
- cinnamon



METHOD

1. Whisk together the flax and water, set aside for 10 minutes, until mixture is a gooey egg-like consistency. In a liquid measuring cup, combine the almond milk and vinegar and let the

mixture sit for about 10 minutes, until the surface is bubbly and curdled. Then whisk in the oil, syrup, vanilla, and flax egg, set aside. In a large bowl, whisk together the flours, cinnamon, baking powder, baking soda, salt and super seed mix. Whisk the wet ingredients into the dry until thoroughly combined. Let the batter sit for about 5 minutes, until it has thickened a bit.

2. While the batter is resting, preheat oven to warm and line a baking sheet with parchment, set aside. Heat a large skillet over medium heat, once the skillet is hot, add enough oil to coat the pan; add roughly 2 tablespoons of batter for each pancake and cook for 2 to 3 minutes on each side until golden brown. Place pancakes in the preheated oven to keep them warm, and repeat with remaining batter adding more oil as needed.
3. Plate warm pancakes, add desired toppings, and drizzle with maple syrup.

Enjoy!

Recipe by Lindsey Love from dollyandoatmeal.com/blog