



THE ULTIMATE POWER PANCAKE

SUBMITTED BY: Carrie Perrone, Unit Clerk - Day Surgery

With the Covid weight gain and home lockdowns some of us encountered, a lot of people have directed their focus to healthy eating and exercising. I have refocused all my energy to healthier living and eating. This recipe was shared with me and even my kids love them, and they are healthy and filling to boot!

INGREDIENTS:

½ quinoa flour
¾ cup quick oats
¼ cup freshly ground flax seeds
2 tablespoons ground chia seeds
1 tablespoon cinnamon
1 teaspoon baking soda
4 eggs
1 teaspoon vanilla
1 cup nut milk
1 teaspoon coconut oil
1 cup sliced strawberries
1 banana sliced

DIRECTIONS:

1. Mix well in a bowl. Beat all liquid ingredients with a fork in a separate bowl.
2. Combine dry and liquid mixture and continue to gently mix with a fork. Heat the coconut oil in a frying pan on medium heat.
3. Ladle out pancake mixture on to the heated frying pan, add slices of bananas and strawberries with your fingers and spoon a little extra pancake mixture on top to cover fruit.
4. Cook for about 3-4 minutes or until you see bubbles forming and bursting on your pancake.
5. Take a peak at the bottom to be sure it's not burning but golden brown.
6. Carefully flip over and cook the other side.
7. Serve with real organic maple syrup, our Low Calorie Maple syrup, or sliced fruit, or our Strawberry Chia Seed Jam.