



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

ALMOND-OAT FLOUR PANCAKES

INGREDIENTS:

- 1/2 C almond flour
- 1 C oat flour
- 1/2-1 C unsweetened plant based milk
- 2 tsp aluminum-free baking powder
- Pinch of salt
- 1 TBS maple syrup
- 1 tsp vanilla

DIRECTIONS:

- Mix all ingredients together, do not over-mix. Batter will be lumpy.
- Pour approximately a 1/4C of batter into an oil sprayed hot skillet allowing the pancake to become a bit bubbly and top looking a bit dull. Flip and cook until golden.
- Serve with Strawberry-pineapple sauce and sliced bananas.



