



Fluffy Flax Pancakes

4 servings

30 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1 cup Unsweetened Almond Milk
1/4 cup Maple Syrup
225 grams Unbleached All Purpose Flour
2 tsps Baking Powder
1 1/2 tsps Coconut Oil (melted, for the pan)

Directions

- 1 Combine the flax and water in a large mixing bowl and let sit for about five minutes until thickened.
- 2 To the same mixing bowl add the milk and maple syrup and mix well. Add the flour and baking powder and combine until a thick batter forms.
- 3 Heat a nonstick pan over medium-low heat. Lightly brush the pan with oil. Spoon the batter into the pan in 1/4 cup portions. Cook the pancakes for about four minutes per side or until golden brown. Repeat with the remaining batter.
- 4 Divide the pancakes between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to three months. Reheat in a dry pan or a toaster.

Serving Size: One serving is approximately two to three pancakes.

More Flavor: Add vanilla extract, cinnamon, blueberries, or chocolate chips to the batter.

Additional Toppings: Serve it with butter, nut butter, coconut butter, maple syrup, sliced bananas, or fresh berries.