



*Sunflower Seed Pancakes*

### **Sunflower Seed Pancakes**

- 1 cup unsalted roasted sunflower seeds
- 1/2 cup finely shredded carrots
- 1/2 cup finely chopped spinach
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/8 tsp salt
- 1/2 cup buttermilk
- 2 eggs
- 1 tsp vanilla

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If you are new to following me, you will soon find out I have a passion for

**vegetables**, I include them everywhere I can...to the embarrassment of my kids, I grab a whole pepper on the go and eat it like an apple. We all know the benefits of vegetables so if you can sneak them in to every meal without even noticing, why not?

**I have a simple solution for you;**

Start with your first meal of the day. Whether you prefer to eat a sit down meal or must rush through the door and eat on the run. Nourish your body to keep you satisfied and energized.

I buy unsalted raw sunflower seeds and dry roast them myself. I prefer this because most sunflower seeds are roasted in oil. If you are roasting a small amount and don't want to turn on your oven, the toaster oven or dry frying in a pan is another great option. Watch and smell the fragrance of the seeds as they roast quickly. You can save time and roast a lot, store them in a sealed container and have them ready to go for next time.

**Directions**

1. Grind the seeds in the blender or food processor, then set aside in your mixing bowl
2. Add cinnamon, baking soda, baking powder and salt
2. Add finely grated carrots and chopped spinach (or your fav veggie)
3. In a separate bowl blend eggs, milk and vanilla
4. Combine liquid into dry and stir
5. Warm your skillet on low and spoon small amount of batter in the pan
6. Flip once as they turn golden
7. Enjoy your warm pancakes as is or with a variety of toppings, maple syrup, honey, jam, yogurt, peanut butter, bananas...options are endless!!

**Psssst...some of my cooking tips and tricks**

\* You can always use more fruits and vegetables in any recipe

\* That holds true for cinnamon and vanilla as well

Alter a recipe using your favourite vegetables, or try zucchini, kale, pumpkin or butternut squash

\* Cook and bake with a smile

**Now let me know what you think of the Sunflower Seed Pancakes, I would love to hear from you!**

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