

Lila's Favorite Pancakes

Prep time: 10 minutes

Cooking time: 15 minutes

Yields: 4 servings

Ingredients:

2 cup whole wheat flour

1/4 teaspoon salt

1 teaspoon baking powder

½ teaspoon ground cinnamon

¼ cup ground flax seed

1 cup almond milk

Directions:

Mix the dry ingredients together in a mixing bowl. Whisk in the almond milk.

Heat a griddle or skillet over medium heat. Coat with cooking spray. Once hot, drop about 1/4 cup of batter on the griddle for larger pancakes or use a tablespoon for smaller pancakes. Cook until the edges look dry and bubbles begin to form on the center or sides, about 1 minute. Flip and cook on the other side until cooked through, about 2 more minutes. Coat griddle/skillet again with nonstick spray for each pancake or batch of pancakes.

This recipe is **Vegan** and can easily be made **Gluten Free** by swapping all-purpose gluten free flour for the whole wheat flour.

Chef Mat Shalenko

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