





[WHEAT-FREE] ALMOND PANCAKES

Ingredients:

1	egg
½ cup	almonds, finely chopped
1¾ cups	super fine almond flour
1½ cups	almond, rice or soy milk
¼ cup	canola oil
1 tbsp	non-aluminum baking powder
½ tsp	sea salt



Directions:

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1. Mix dry ingredients in a bowl
 2. Mix wet ingredients in a separate bowl
 3. Pour wet ingredients into the dry ingredients
 4. Now mix then ingredients to combine into a mixture
 5. Cook in slightly oiled skilled until golden brown
 6. Serve warm with maple syrup or honey

Variations: (1) Try substituting 1/2 cup of shredded coconut or 1/4 malt sweetened chocolate chips for the almonds.

(2) Add lemon zest, the juice of one lemon (use less milk), add one cup of poppy seeds for lemon poppy seed.

