



[WHEAT-FREE] ALMOND PANCAKES



Ingredients:

1	egg
½ cup	almonds, finely chopped
1¼ 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:

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.

