



# Multi-Grain Pancakes with Maple Flakes

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 5

PREPARATION: 15 MINUTES

## INGREDIENTS

- 15 ml (1 tbsp) de chia
- 30 ml (2 tbsp) de brown rice flour \*
- 30 ml (2 tbsp) de millet flour \*
- 15 ml (1 tbsp) de quinoa flour \*
- 15 ml (1 tbsp) de amaranth flour \*
- 35 g (1/3 cup) maple flakes
- 5 ml (1 tsp) baking powder
- 1 pinch of salt
- 65 g (1/4 cup) plant-based milk substitute
- 1 large egg, beaten (55 g)
- 30 ml (2 tbsp) light olive oil
- 7.5 ml (1 1/2 tsps) vanilla extract

\* You can replace the 4 flours with 75 ml (5 tbsp) all-purpose flour La Merveilleuse

## PREPARATION

1. Finely grind the chia in a coffee grinder.
2. In a bowl, combine ground chia, flour, maple flakes, baking powder and salt.
3. Add plant-based milk substitute, egg, oil and vanilla extract. Whisk vigorously until smooth and creamy.
4. Let rest for 5 to 10 minutes.
5. In a hot skillet brushed with oil, pour 45 ml (3 tablespoons) of batter into the pan. Depending on the size of the pan, you can cook 2 to 3 pancakes at a time. Cook on both sides and flip when golden underneath. Cook over low heat to prevent burning before they are cooked through.



*These pancakes will allow you to enjoy a mix of highly nutritious grains for a lovely tasty breakfast!*

## TIP

Because these pancakes contain maple flakes, they will tend to cook very quickly on the outside. So you really have to cook over very low heat so that they can cook properly inside without burning.