



trifit

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## Quinoa Pancakes

Quinoa (keen-wa) is a powerhouse of nutrition. Quinoa is a complete protein and a good source of calcium, iron and phosphorus.

### Ingredients

2 cups quinoa flour  
4 tsp baking powder  
½ tsp sea salt  
2 cups + 1 tbsp water  
2 tbsp vegetable oil

### Directions

1. Mix dry ingredients in bowl. Add liquids and whisk to mix
2. Heat griddle or pan on medium heat
3. Spoon batter onto hot griddle/pan to make pancakes about 4-5" across. Turn when edges seem dry (they won't brown much because they don't contain sugar).
4. Keep pancakes warm in oven while you cook remaining batter.
5. Batter may thicken as it stands. Before spooning subsequent rounds of cakes, stir in 1 – 2 tablespoons of water as needed.

Nutrition Information Servings Size: 1 Pancake Calories 100, Calories from Fat 35, Total Fat 3.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 250mg, Total Carbohydrate 15g, Dietary Fiber 3g, Sugars 0g and Protein 3g.

Source: [www.bobsredmill.com](http://www.bobsredmill.com)