

SEHAT PANCAKES

Gluten Free Pancakes

Ingredients

- 1 cup Gluten-free pancake mix (ex.Pamela's Pancake Mix)
- 1 large Egg (or equivalent of liquid egg replacer)
- 3/4 cup 2% Milk
- 1 tbsp Oil

Directions

1. In a blender, mix together the banana, flour, and milk. Blend well.
2. Heat skillet or non-stick pan over low-medium heat. If needed, lightly oil the surface with cooking spray. Scoop ¼ cup of the batter onto the warm skillet and cook for 2 minutes on each side or until golden brown. Serve hot.

Simple Healthy Pancakes

Ingredients

- 1 cup Buttermilk pancake mix
- 2/3 cup 2% Milk
- 2 tbsp Ground flaxseed

Directions

1. In a bowl, whisk pancake flour with milk and flaxseed. Mix until slightly lumpy. Do not overmix. Let batter rest for 5 minutes.
2. Heat skillet or non-stick pan over medium heat. If needed, lightly oil the surface with cooking spray. Scoop ¼ cup of the mixture onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the pancake surface. Flip and cook on the other side for 1 to 2 minutes or until golden brown. Serve hot.

Tip

When you flip the pancakes, add a few blueberries or chocolate chips for more flavour.

Fun Toppings

- a small splash of maple syrup
- plain or vanilla flavoured Greek yogurt
- a mix of fresh or frozen whole and sliced fruit. Try bananas, apples, kiwi, canned diced peaches or mixed fruit without the liquid, blueberries, raspberries or strawberries.

Recipe provided by:

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