

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Quinoa Pancakes

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What is quinoa? Unlike wheat or rice, and like oats, quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete protein source among plant foods. It is a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is gluten-free and considered easy to digest.

Makes about 12

1 cup cooked quinoa or brown rice
¾ cup whole wheat or spelt flour
2 teaspoons baking powder
½ teaspoon coarse salt
1 large egg, plus 1 large egg white
1 tablespoon unsalted butter, melted
¼ cup milk (you can substitute with unsweetened almond milk)
2 tablespoons pure maple syrup, plus more for serving
Fresh fruit or fruit preserves (optional), for serving

1. In a medium bowl, whisk together quinoa, flour, baking powder, and salt. In another medium bowl, whisk together egg, egg white, butter, milk, and syrup until smooth. Add egg mixture to flour mixture and whisk to combine.
2. Lightly coat a large non-stick skillet (a seasoned cast iron skillet works great) or griddle with non-stick cooking spray, or butter, and heat over medium heat. Drop batter by heaping tablespoons into skillet. Cook until bubbles appear on top, 2 minutes. Flip cakes and cook until golden brown on underside, 2 minutes. Repeat with remaining batter. Serve with maple syrup and fresh fruit or preserves if desired.

Make ahead – Freeze cakes between sheets of waxed paper in zip-top bags, up to 1 month. Reheat in the toaster.