

Quinoa pancakes

Makes 8

- 120g quinoa flakes
 - 2 medium eggs
 - ½ tsp gluten-free baking powder
 - 120ml of milk or milk alternative
 - Coconut oil
1. Place all the ingredients except the coconut oil in a tall jug and process with a hand blender until a thick mixture of dropping consistency develops.
 2. Warm a small amount (about ½ a tsp) of coconut oil in a heavy bottomed frying pan over a medium heat.
 3. Carefully drop spoonfuls of the mixture into the hot pan to form individual pancakes about 8cm across.
 4. This amount of mixture will make 8 pancakes so you will probably need to cook them in 2-3 batches. Remember to add a small amount of coconut oil to the pan between batches to prevent sticking.
 5. As the pancakes cook, bubbles will rise to the surface. Once golden on the underside (about 4-5 minutes) turn over using a fish slice and cook for a further 1-2 minutes.
 6. Keep the pancakes warm in a low heat oven until you are ready to serve.

Great served with blueberries, honey cinnamon and cashew nut cream as a dessert or delicious breakfast.