

Red Quinoa Pancake

Red Quinoa

Pancake mix

Whole flour mix

Cinnamon

Dried Apricot

Maple syrup

Strawberries

Nutrition Facts: 1 pancake

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| CALORIES | PROTEIN | CARBS | FAT | Fiber | SODIUM |
| 185 Cal | 4.5 g | 39 g | 2 g | 3 g | 185 mg |

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Yields 1 pancake

Preparation

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* Prepare Red Quinoa according to recipe:
* Bring water to a boil. Add quinoa, stir to combine. Return to a boil. Cover. Reduce heat and simmer for 10-15 minutes or until water is fully absorbed. Do not stir. Let quinoa sit for 5 minutes. Fluff with a fork.
* Pour water into large mixing bowl
* Combine pancake mix, wheat flour and cinnamon. Add water, mixing well until batter is smooth
* Fold in quinoa, apricots and mint until ingredients are blended
* Spray skillet with vegetable oil and ladle 2 oz. of batter into the hot skillet.
* Grilled for 1 or 2 minutes on each side or until golden brown and edges begin to dry
* Remove from pan and serve immediately with 1Tbsp of maple syrup and ½ cup fresh strawberries.
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* 2. Pour water into large mixing bowl
* 3. Combine pancake mix, wheat flour and cinnamon. Add water, mixing well until batter is smooth
* 4. Fold in quinoa, apricots and mint until ingredients are blended
* 5. Spray skillet with vegetable oil and ladle 2 oz. of batter into the hot skillet.
* 6. Grilled for 1 or 2 minutes on each side or until golden brown and edges begin to dry
* 7. Remove from pan and serve immediately with 1Tbsp of maple syrup and ½ cup fresh strawberries

Ingredients

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* ¼ ounce Red Quinoa, raw
* 3 oz. water
* 1 ½ ounce pancake mix
* ¼ ounce Red Quinoa, raw 3 oz. water
* 1 ½ ounce pancake mix
* ¾ ounce whole wheat flour
* 1/8 teaspoon cinnamon
* 1/3 ounce dried apricot
* 1 Tablespoon maple syrup
* 4 strawberries quartered
* Fresh
* ¾ ounce whole wheat flour
* 1/8 teaspoon cinnamon
* 1/3 ounce dried apricot
* 1 Tablespoon maple syrup
* 4 strawberries quartered
* Fresh

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* ¼ ounce Red Quinoa, raw 3oz water
* 1 ½ ounce pancake mix
* ¾ ounce whole wheat flour
* 1/8 teaspoon cinnamon
* 1/3 ounce dried apricot
* 1 Tablespoon maple syrup
* 4 strawberries quartered
* Fresh
* ¼ ounce Red Quinoa, raw
* 3oz. water
* 1 ½ ounce pancake mix
* ¾ ounce whole wheat flour
* 1/8 teaspoon cinnamon
* 1/3 ounce dried apricot
* 1 Tablespoon maple syrup
* 4 strawberries quartered
* Fresh