



Your FUN Healthy Recipe!

Spiced Whole Wheat Pancakes

Ingredients

- 3 eggs
- 2 cups milk
- ¼ cup salad oil
- ¼ cup honey
- 2 ½ cups whole wheat flour
- 5 teaspoons baking powder
- 1 teaspoon each: ginger, cinnamon, nutmeg
- ¼ teaspoon salt

Directions

- Beat eggs until thick and foamy. Add milk, oil and honey. Beat until well mixed.
- Combine flour with remaining ingredients and stir into egg mixture. Mix well.
- On greased hot griddle, pour out batter into rounds of desired size. When batter begins to bubble, turn and cook on other side.

Makes 12 large or 24-30 small pancakes.

**Hint: While first side of pancake is browning, place a teaspoonful of chopped nuts, dried fruits or slices of banana in center of each. Turn and continue cooking.*

****For Gluten-Free Pancakes:** One cup of this mix equals one cup of wheat flour ☺

1 cup tapioca flour • 1 cup soy flour • 2 cups brown rice flour

Try a Quick Veggie Omelet with Your Pancakes!

- 2 Large Eggs
- A bit of chopped carrots, a bit of green/snow peas
- ¼ cup chopped tomato
- 1/5 cup chopped onion
- A pinch of turmeric powder
- 1 – 2 Tablespoons of Milk
- Salt & Black pepper to taste

Whisk all ingredients until frothy. Heat a small skillet. When hot, add 1 Tbsp. olive oil and shake skillet briskly so oil spreads evenly.

Pour omelet mixture. Cover with lid for approx. 30 seconds. Remove lid – once the omelet starts coming off from the sides of skillet, check underneath with a non-stick spoon or spatula to see if omelet has turned golden brown.

Gently over-turn omelet. Tap top of omelet lightly. Remove and serve immediately.

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