

## Quinoa Pancakes

These light, fluffy pancakes cook up quickly and are a great substitute for wheat pancakes. The recipe makes nine five-inch pancakes.

### Ingredients

- 1 cup quinoa flour
- 1/4 teaspoon baking soda
- 2/3 teaspoon baking powder
- 1 tablespoon honey
- 1 tablespoon butter (plus more for cooking)
- 1 egg
- 1-1/4 cups milk

### Instructions

1. In a large bowl, mix the quinoa flour, baking powder and baking soda. Set aside.
2. Separate the egg, mixing the yolk with the butter, milk and honey. Set the yolk mixture aside.
3. Beat the egg white with a mixer on high speed until soft peaks form.
4. Combine the yolk mixture and the flour mixture in a large bowl.
5. Gently fold in the egg white; do not over mix.
6. Heat some butter in a skillet and drop the pancake batter 1/4 cup at a time.
7. Wait until air bubbles begin to form on the pancake. Then flip and cook for two more minutes.
8. Keep stacked on a plate in a warm oven until ready to eat.
9. Serve with butter and syrup.