



Vanilla & Cinnamon Quinoa Pancakes

Try this delicious, protein-rich breakfast option to kick-start your mornings. Quinoa provides all 9 essential amino acids to help give you energy and keep you satisfied longer.

Cooking level: **Beginner**

Contains: eggs

Servings:
4 pancakes

Prep time:
10 minutes

Cook time:
10 minutes

Total time:
20 minutes



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What you'll need

- Medium mixing bowl
- Small mixing bowl
- Handheld mixer
- Large skillet
- Spatula

Ingredients

- 1½ cups gluten-free all-purpose flour
- ½ cup cooked quinoa*
- 2 tsp. baking powder
- 2 tsp. cinnamon
- Pinch of salt
- 1 egg or flax egg
- 1 cup unsweetened nut milk*
- 1 tbsp. vanilla extract
- 1 tbsp. maple syrup
- 2 tbsp. coconut oil* (or enough to grease the skillet)

Optional toppings

- Nondairy yogurt
- Fresh fruit (such as berries* or bananas)
- Something crunchy (such as shredded coconut* or pumpkin seeds*)
- Something drizzly (such as nut butter,* maple syrup, or tahini)

*Important note: Berries, coconut, nut butter, nut milk, pumpkin seeds, and quinoa may be triggering during flare-ups.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

Cooking steps

- 1** Combine **1½ cups gluten-free all-purpose flour**, **½ cup cooked quinoa**, **2 tsp. baking powder**, **2 tsp. cinnamon**, and a **pinch of salt** in a medium mixing bowl. Use a handheld mixer to beat until smooth.
- 2** In a small bowl, combine **1 egg or flax egg**, **1 cup unsweetened nut milk**, **1 tbsp. vanilla extract**, and **1 tbsp. maple syrup** until well mixed. Pour the contents of the small bowl into the medium bowl containing the other ingredients and blend until a solid batter is formed.
- 3** Melt **2 tbsp. coconut oil** in a large skillet over medium heat. Pour about **⅓ cup** of pancake batter onto the center of the hot pan and gently spread the batter to form a circle. Cook until bubbles appear on the surface. Using a spatula, gently flip the pancake over and cook the other side for a minute, or until golden. Repeat with the remaining batter.
- 4** Serve the pancakes immediately and enjoy with desired toppings.



Nutritional info

Vanilla & Cinnamon Quinoa Pancakes (1 pancake)	
Calories	339
Total fat	12 g
Saturated fat	6.8 g
Cholesterol	47 mg
Sodium	42 mg
Carbohydrate	49 g
Fiber	3 g
Sugar	4 g
Protein	9 g