

Ingredients

Preparation time: 45 minutes

Servings: 12 pancakes

- 1 cup cooked quinoa
- ½ cup whole wheat flour
- 2 Tbsp. ground flax-seed
- ¼ cup wheat bran
- 1 tsp. ground cinnamon
- 2 tsp. baking powder
- ½ tsp. coarse salt
- 1 large egg, plus 1 large egg white
- 1 Tbsp. canola oil
- ¼ cup skim milk
- 2 Tbsp. pure maple syrup

Directions

1. In a medium bowl, whisk together quinoa, flour, ground flaxseed, wheat bran, cinnamon, baking powder, and salt.
2. In another medium bowl, whisk together egg, egg white, oil, milk, and syrup until smooth.
3. Add egg mixture to flour mixture and whisk to combine. Do not over mix.
4. Lightly coat a large nonstick skillet or griddle with butter or non-stick spray and heat over medium-high.
5. Drop a heaping tablespoonful (or use a ¼ c measuring cup) of batter onto skillet.
6. Cook until bubbles appear on top, 2 minutes. Flip cakes and cook until golden brown on underside, 2 minutes.
7. Serve with maple syrup or your favorite pancake topping.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Quinoa Pancakes	
Amount	2 pancakes
Calories	154
Fat (g)	6
Sat. Fat (g)	0.5
Carb. (g)	21
Fiber (g)	4
Protein (g)	6

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Cooking Tip

To make fresh berry syrup: Try heating up 1½ cups berries in a pan with 1½ cups of orange juice or water, bring to a boil, let it simmer for 20 min stirring often, then pour into a separate container to cool and thicken. Serve warm over the pancakes as a healthy alternative to syrup. You can also simply top them with fresh fruit.

Performance Fact

Quinoa is a gluten free whole grain high in protein and fiber, so it will keep you feeling satiated. Flaxseed is high in omega-3s and antioxidants, which help to alleviate inflammation and fight free radicals produced after a heavy training day. The key to absorbing the omega-3 in flaxseed is to make sure it is ground first. Humans cannot digest the outside of the seed, and the omega-3 is inside!

