

Tiny Plate, Tiny Waist's

Green Power Pancakes

This recipe is gluten-free & casein free!!!

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This recipe requires a food processor for the berry topping.

You could also top the pancakes with no-sugar-added apple sauce if you do not have a food processor or to save time.

Use more 100% maple syrup on top if it's your cheat day! ☺

3/4 cup almond milk
2/3 cup brown rice flour
1/2 cup pureed green fruits & veggies (I like to puree spinach, granny smith apples & peas. Baby food also works well.)
1/2 cup berries
1/3 cup quinoa flour
3 eggs
2 tablespoons potato starch

1 tablespoon pomegranate or cranberry apple juice (100% juice, no-sugar-added)
1 tablespoon pumpkin seeds (or sliced nuts if preferred)
1 tablespoon baking powder
1 tablespoon coconut oil (softened or you can use grapeseed oil)
1 tablespoon 100% maple syrup
1/4 teaspoon Himalayan salt (optional)
1 packet stevia
non-stick cooking spray

1. Read the instructions and warnings for your food processor or blender.
2. Place berries in a food processor or blender along with the fruit juice and stevia. (If your berries are frozen, you will need to let the mixture sit for about 20 minutes before blending.)
3. Pulse the blender/processor until the mixture is mostly smooth.
4. Pour the mixture into a small bowl and set it aside.
5. Pour almond milk, coconut oil & vanilla into a large bowl. (You may need to heat the coconut oil first depending on the temperature of your kitchen.)
6. Crack the egg into the milk, oil and vanilla.
7. Whisk the mixture thoroughly.
8. Add the green veggie/fruit puree.
9. Whisk the mixture thoroughly.
10. Set the large bowl aside.
11. Put flours, baking powder and salt (optional) into a medium bowl and stir thoroughly.
12. Pour the dry ingredients into the bowl containing the wet batter.
13. Stir 25 times with a whisk.
14. Set the pancake batter aside.
15. Put a large skillet on a stove burner.
16. Spray the skillet with the non-stick cooking spray.
17. Turn the burner to medium.
18. Allow the skillet to heat for 1-2 minutes.
19. Scoop pancake batter using a 1/4 measuring cup and pour three scoops into the skillet. Take care that the pancakes do not touch each other.
20. Allow the pancakes to cook until there are many bubbles on the tops, and then flip each pancake over carefully.

21. Allow the pancakes to cook for 2-3 minutes on the other side.
22. Check the bottoms of the pancakes to ensure they are lightly golden brown. (Allow them to cook for another minute if they are not lightly golden brown.)
23. Remove the pancakes from the skillet using potholders and a spatula and place them on a plate.
24. Don't forget to turn off the burner. 😊
25. Top three of the pancakes with the berry topping and pumpkin seeds.
26. Enjoy the three pancakes.
27. Take three quart-sized freezer bags and cut two of them into four equal pieces. Spray the inside of the intact freezer bag and the freezer bag pieces with non-stick cooking spray. Layer the six remaining pancakes with the strips inside the intact freezer bag. Place the freezer bag in a flat place in your freezer.

If you enjoyed this recipe, please check out the book! It has tons of healthy recipes, fun exercises and relaxation routines to melt away your stress!

Tiny Plate, Tiny Waist: A Plan for Fitness, Weight Loss and Stress Reduction

By Haley Erin Miller

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