

# HEMP PROTEIN PANCAKES

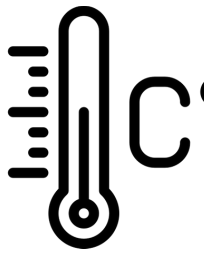
## INGREDIENTS

50g Hemp Seeds  
1 cup Self Raising Flour  
1/4 teaspoon Baking Powder  
1 large Egg  
1 cup milk  
Olive Oil  
Strawberries  
Raspberries  
Maple Syrup

## EQUIPMENT

Bowl  
Whisk  
Ladle  
Spatula  
Frying Pan

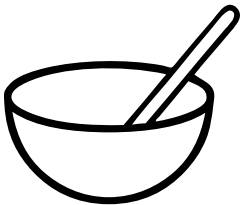
Prep: 5 mins Cook: 10 Mins



1

## PREHEAT OVEN

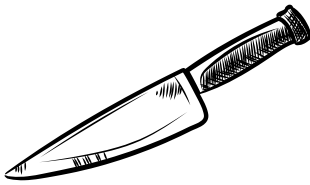
Preheat the oven to 180 degrees C.



2

## PREP BATTER

Mix hemp seeds, flour and baking powder in a bowl, add egg and milk, whisk until smooth



3

## PREP FRUIT

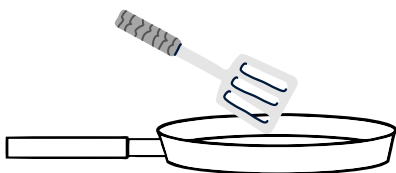
Hull strawberries and wash strawberries and raspberries, rest on paper towel to dry



4

## HEAT

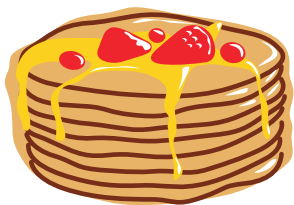
Heat 1 tablespoon of oil in a non-stick frying pan over a medium heat



5

## COOK

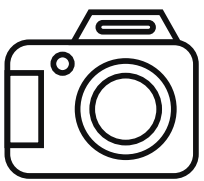
Ladel small amounts of batter into the pan and cook for approximately 2 minutes each side, keep warm in oven while you continue to make batches with remaining batter



6

## SERVE

Serve as many as you like on each plate, top with berries and maple syrup.



7

## ENJOY!

Don't forget to take a photo and tag us  
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Take a photo of your dish and share it on your socials

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