

Quinoa (or Quinoa/Millet) Pancakes

Preparation Time: soak grains couple of hours to overnight

Yield: 8 – 10 pancakes; 5 servings

2 cups quinoa **OR** 1 cup quinoa and 1 cup millet

6" to 8" zucchini **OR** 6" to 8" carrot cut into small pieces **OR** combo of each

4 cups water (for soaking)

½ cup water (for blending)

1 teaspoon salt

1 teaspoon cinnamon

2 teaspoons Mesquite Powder (Optional)

¼ - ½ cup flour of choice (Brown Rice, Buckwheat, or Chickpea)

Coconut oil

1. Soak quinoa/millet in 4 cups of water with 1 tsp Apple Cider Vinegar OR 1 tsp Lemon in a large bowl for at least 8 hours at room temperature. Drain and rinse well.
2. *****Put the quinoa/millet into a high power blender with the remaining ½ cup of water and salt and carrots/zucchini. Process until the mixture is the consistency of pancake batter, stopping occasionally to scrape down the blender jar. If the mixture is too thin, add 2 tablespoons of the quinoa/millet and process again. (A slightly thinner texture tends to cook more quickly.) If the mixture is too dry, add another 1 or 2 tablespoons of water and process again.
3. Melt a little coconut oil in a large skillet over medium heat. (cast iron is exceptional) Pour about ¼ cup of the batter into the skillet to make one pancake. Cook for about 1 ½ minutes, or until bubbles a little in the center and the edges turn golden brown. Turn the pancake and cook for another minute, or until it is golden brown on the second side. Add more coconut oil to the pan as needed. Store in a covered refrigerator. Slightly undercook and Reheat pancakes as needed.

Quinoa/Millet Breakfast Cereal

Step ONE above. Then steam in a pot for 10-12 minutes until quinoa/millet pops. Add sweetener, nuts, cinnamon, coconut milk or items of your creativity.