

Being In Best Health: Thriving with Healing Foods and Yoga

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<https://BeingInBestHealth.com/>

Quinoa Pancakes

Ingredients:

- 1 cup dried quinoa seeds (white or multicolored)
- 1/4 cup ground flax seeds
- 1 banana, medium, ripe
- 2/3 cups of water
- 1 tsp coconut oil, optional

Equipment:

A bowl, blender, and non-stick skillet

Yield:

8-12 pancakes depending on their size

Serving size: 2 pancakes

Method of preparation:

1. Place 1 cup of quinoa seeds into a bowl and add 2 cups of cold water. Soak for 8 hours.
2. Drain soaked quinoa, rinse under running cold water, and drain well.
3. Place soaked quinoa in a blender, add 2/3 cups of cold water, and blend well until the mixture becomes homogenous.
4. Add ground flax seeds and banana to the blender, and mix well until fully incorporated. The batter should be rather thick and not very runny.
5. Melt coconut oil on a skillet (optional).
6. Put about 1/4 cup of a batter on a warm skillet and bake on the low heat for about 1 minute on each side. Flip when the pancake is moving freely on the skillet.
7. Cool each pancake on a cooling rack (optional).
8. Serve with fruits, berries, or salads.
9. Store in a refrigerator for up to 3 days.

References: Thrive Magazine. (2019).

<https://www.mythrivemag.com/food>

Images: Nataliya Bryantsev

