






METABOLIC FRIENDLY PANCAKES

Light, fluffy pancakes made without eggs or baking powder, tailored for those managing chronic kidney disease, high blood pressure, and diabetes.

-  10 minutes
-  20 minutes
-  3.9 portions

INGREDIENTS

- 1 cup of wheat flour, white, all-purpose, unenriched [125 g]
- 1 tbsp, flaxseed ground/ meal [10 g]
- 1 teaspoon of cinnamon, ground [3 g]
- 1/2 tsp of vanilla extract [2 g]
- 2 tsps of sweetener, syrup, agave [14 g] **or** 1.5 tsps of sugar, turbinado [7 g]
- 1/2 cup of beverages, almond milk, unsweetened, shelf stable [131 g]
- 1/4 cup [8 fl oz] of spring Water [63 g]
- 1 tablespoon of oil, hazelnut [14 g] **or** 14 drops of oil, grapeseed [13 g] **or** 1 tablespoon of oil, almond [14 g]

COOKING METHOD

- 1° In a medium bowl, mix flour, flaxseed, and cinnamon.
- 2° In a separate bowl, whisk together almond milk, water, vanilla, and agave/sugar.
- 3° Combine wet and dry ingredients until just blended. Do not overmix.
- 4° Lightly oil a nonstick skillet or griddle over medium heat.
- 5° Pour 1/4 cup batter for each pancake. Cook until bubbles form and edges are dry.
- 6° Flip and cook the other side until golden brown [2–3 minutes per side].
- 7° Serve with fresh berries or a drizzle of honey [if permitted by nutrition].

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (75 g)	% DRI
ENERGY	233 kcal	175 kcal	9 %
FAT	7 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	34 mg	26 mg	1 %
CARBOHYDRATE	37 g	28 g	9 %
SUGARS	3 g	3 g	–
FIBER	3 g	2 g	8 %
PROTEIN	5 g	4 g	–