

# Green Pancakes

Servings: 4

RECIPE BOX

## INGREDIENTS

1- 1/2 CUPS ALMOND MILK  
2 CUPS BROWN RICE FLOUR  
1 EGG  
3 TBSP UNREFINED SUGAR  
2 TBSP COCONUT OIL, MELTED  
2 TBSP MATCHA GREEN TEA POWDER  
2 TBSP HEMP PROTEIN POWDER  
1- 1/2 TSP BAKING POWDER  
3 TBSP BUTTER



## DIRECTIONS

**STEP 1:** In a large mixing bowl, add the egg, milk, sugar and coconut oil. Mix until combined.

**STEP 2:** Add the brown rice flour, matcha green tea powder, hemp powder and baking powder. Mix.

**STEP 3:** Melt the butter in a large cast iron skillet or griddle over medium heat. Ladle about 1/3 cup of the batter onto the skillet. Pour enough batter to make 1 or 2 more pancakes at a time, evenly spaced.

**STEP 4:** Cook until bubbles break the surface of the pancakes and the sides are golden brown, about 2-3 minutes. With a spatula, flip the pancake and cook 1-2 minutes more on the other side.

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories: 343, Total Fat 16g, Carbs 45g, Protein 8g, Fiber 4.1g, Sugars 15.5g.

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