



## **Quinoa Pancakes**

### **Ingredients:**

2 eggs, separated. Beat whites until stiff.  
2 ½ cups milk  
4 Tbsp. vegetable oil  
2 cups whole wheat flour or Khorasan flour  
½ cup wheat germ  
2 tsp. baking powder  
1 tsp. baking soda  
1 cup cooked Quinoa

### **Procedure:**

Measure flour, wheat germ, baking soda and baking powder in a mixing bowl. Combine beaten egg yolks, milk and oil. Add to dry ingredients. Fold cooked quinoa and beaten egg whites. Fry on hot griddle.

Serve with yogurt, applesauce, syrup or your favourite preserves.

