



## Pancakes/Flatbread

1/2 cup nuts, ground

1 cup amaranth flour

1/2 cup arrowroot

1 teaspoon baking soda

1/4 teaspoon salt 1 teaspoon cinnamon

1 or 2 tablespoons maple syrup or honey

1 1/4 cups water

2 tablespoons lemon juice OR 2 teaspoons cream of tartar

2 tablespoons oil\*

---

Grind nuts in blender about 15 seconds. Combine with other dry ingredients in mixing bowl. Without washing it, combine liquids in blender; blend 10 seconds (or mix in small bowl) and stir into dry mixture. Cook pancakes on preheated, ungreased, non-stick griddle or frypan.\*\* When bubbly and brown, turn.\*\*\* As batter thickens you may need to add another tablespoon or two of water to keep cakes thin (should be no more than 1/4 inch thick). Yields 24 four inch cakes.

\*Whenever possible coordinate oil with nuts, i.e. almonds and almond oil, walnuts with walnut oil or peanuts with peanut oil. With other nuts use safflower or sunflower oil.

\*\*This formula does not do well on stainless steel surfaces; pancakes get torn in turning and pan is difficult to clean. Non-stick works best.

\*\*\*If you want to use pancakes as flatbread, remove to wire racks to cool. When cold, stack, wrap, and refrigerate. May toast in a toaster oven or place on wire racks on cookie sheets in moderate oven for a few minutes. Make mini sandwiches; try sliced chicken or turkey garnished with mayo, lettuce and tomato. Excellent with peanut butter, too. Umm! Who misses bread now?