



Tried and Tested: Valley Flax Flour Pancakes

These pancakes are made with Valley Flax Flour Pancake and Cookie Mix. They can be made in 10 minutes and go well with a variety of toppings. They are also gluten-free, high in fibre, and omega-3 fat.

If you would like to learn more about Valley Flax Flour, check out the recent DNNS [Dietitian Spotlight on Howard Selig](#), General Manager of Valley Flax Flour.

Recipe tested by: Antonia Harvey, PDt ([recipe from Valley Flax Flour](#))

Recipe Makes: 2 large pancakes (1 pancake per serving)

Ingredients:

½ cup Valley Flax Flour Pancake and Cookie Mix

1 egg

1/3 cup milk

½ teaspoon canola oil (for cooking)

Instructions:

1. Combine the flour, egg, and milk in a small mixing bowl and whisk until smooth.
2. Heat the canola oil in a large frying pan over medium-high heat. When the pan is hot, pour half the batter into the pan to make one pancake. Pour the remaining batter into the pan to make the second pancake.
3. When bubbles form on the surface of the pancakes, flip the pancakes and cook for another 3 to 4 minutes or until golden brown.
4. Serve with your favourite pancake toppings. Try berries and yogurt or a nut/seed butter and a sliced banana!