



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Lemon Poppy Seed Pancakes

Indulge in pancakes, but without the guilt, thanks to this delicious recipe featuring lemon zest, poppy seeds, and chickpea flour.



### INGREDIENTS

- 1 cup chickpea flour
- ½ cup almond milk, or milk of choice
- 2 tbsp pure cane sugar, or coconut sugar
- 2 tsp baking powder
- 1 tbsp poppy seeds
- 1 tsp vanilla extract
- 1 large or two small lemons, zest and juice

### INSTRUCTIONS

1. Preheat your griddle to the manufacturer's instruction for pancakes. If using a skillet, when ready heat skillet over medium – medium high heat.
2. In a medium to large mixing bowl, combine the flour, sugar and baking powder, set aside.
3. Add milk, vanilla and lemon juice to the dry mixture, mix just enough to combine. Add in poppy seeds and lemon zest, give a final quick mix, don't over mix. Batter will foam up looking light and airy, this is a normal reaction. Let the batter rest for about 7 minutes. This step is important and will result in fuller looking pancakes. Give batter a quick stir before scooping.
4. You may or may not want to grease your griddle lightly with coconut oil, or other oil of choice, depending if your griddle is non-stick or not. Using a ¼ cup measuring cup, scoop batter and place on the griddle, cook for about 2 – 2½ minutes, or until underside is golden, flip and cook another 2 – 2½ minutes.
5. Serve with pure maple syrup. Fresh strawberries are a perfect accompaniment and will add some freshness.
6. For added lemony flavor, use a little extra lemon or a ½ teaspoon of lemon extract. If you're in a pinch and don't have lemons on hand, use 3 tablespoons of bottled lemon juice instead.

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