

APPLE BLENDER PANCAKES

In the Bosch blender mix the following ingredients on high for 3 minutes.

2 1/2 cups milk

1 whole apple

1 cup pearled barley or Sorghum grain for gluten free

1 cup oat Groats

After 3 minutes on high stop blender and add the following and blend for 20 seconds.

2 Tbsp. Xagave

2 eggs

1/2 teaspoon salt

2 tablespoons oil

1 teaspoon vanilla

1 teaspoon cinnamon

Directions

After blending for 20 seconds stop and add 1 tablespoon baking powder. Pulse the blender 3 times. Mixture will foam up. Cook on hot griddle.

For lactose free use soy milk or tofu drink mix in place of liquid.

HEALTHYKITCHENS.COM