

## Flaxseed Powder Pancakes



### Flaxseed Powder Pancakes (makes 8-10 pancakes)

These were really good and super easy to make. This was my first ever flax recipe and I am pleasantly surprised. They kind of reminded me of french toast. I will definitely make these often!

#### Ingredients

½ cup cake flour / HCW Gluten Free Flour Mix

5 tbsp HCW Flaxseed Powder

3 eggs

½ cup water

½ cup milk

¾ tsp baking powder

¼ tsp vanilla extract

1 tsp cinnamon powder

½ tsp nutmeg

#### Method

1.

Beat all ingredients together well to make pancake batter.

2.

**Spread mixture thinly in a non-stick frying pan and cook on both sides.**

3.

**Drizzle HCW Xylitol Syrup or Agave Syrup over pancakes for a decadent treat.**