



20 min



Serves 8



# FRESH

## VEGAN LENTIL PANCAKES

### Ingredients:

- 2 tbsp ground chia seeds + 6 tbsp water
- 1 cup quick oats
- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1/4 cup brown sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/4 cup soy milk
- 1 tsp vanilla
- 2 ripe bananas
- 1 cup canned lentils, rinsed

### Directions:

1. Combine ground chia seeds and water in small bowl, let sit for 5 minutes
2. Combine dry ingredients in a large bowl
3. In a blender, blend soy milk, vanilla, bananas, chia mixture and lentils until smooth
4. Mix together wet and dry ingredients
5. Spoon batter into lightly oiled frying pan and cook over medium heat, flipping when the edges of the pancake appear dry.

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## NUTRITION INFO

Per: 1 large pancake (128 g)  
(8 large pancakes per recipe)

Energy.....	210 kcal
Fat.....	3g
Carbohydrates.....	40g
Protein.....	8g



## CONTACT US

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