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Quinoa Pancakes With Almond Fig Puree

This rich and nutty pancake recipe is packed with protein, nutrients, and natural sweetness to help you start your day off right. A vegan alternative to traditional egg and milk-based batters, these pancakes are a great way to use up extra cooked quinoa. Whip up a batch of these when you have more time to make breakfast on the weekends, or store cooked pancakes in the fridge for a quick weekday morning treat or tasty midafternoon snack.

Prep time: 25 min. Cook time: 10 min.

Ingredients

Pancakes:

1 cup red quinoa
1/2 cup whole wheat flour
1/2 cup all-purpose flour
1 tbsp baking powder
Pinch of salt
1/2 tsp cinnamon
1-1/2 tbsp agave
1 cup almond milk
1 oz. aquafaba (liquid from canned chickpeas)
1/2 cup chopped dried figs

Fig puree:

1 cup chopped dried figs
1/4 cup almond butter
2-1/2 cups almond milk

Directions

1. For the pancakes: Bring 2 cups of lightly salted water to a boil. Add the quinoa and cook until all the liquid is absorbed. Spread the cooked quinoa on a baking sheet to cool.
2. Meanwhile, combine flours, baking powder, salt, and cinnamon. Leave the chopped figs out for now. Add the wet ingredients to the dry until they form a batter. Gently fold in the quinoa and figs. Let rest.

3. On a hot griddle, spoon out 2 ounces of pancake batter at a time. Cook until the edges start to brown and there are bubbles in the batter. Flip and finish cooking for about 2 minutes on the other side.
4. For the fig and almond puree: Combine all the ingredients in a blender and blend until as smooth as possible.
5. To plate, spread some of the fig puree on a plate, and put the pancakes on top.

Serving Size: 2-4 pancakes

Recipe yields 4 servings