

Pancake Mix “Hippy Cakes”

One batch:

- 1 TBSP hemp seeds
- 1/2 cup flour
- 1/2 cup wheat flour
- 1 cup oats ground into flour
- 1 TBSP sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1.5 cups non dairy milk/add 1 TBSP Apple Cider Vinegar to create “buttermilk”
- Fruit (bananas, pumpkin, applesauce, blueberries, etc) I usually use 1-2 bananas and 1/4 cup applesauce or pumpkin.
- 1 TBSP vanilla

4 batches to prep ahead and simply add wet ingredients!

- 4 TBSP hemp hearts
- 2 cups white flour
- 2 cups wheat flour
- 4 cups oats ground into flour
- 4 TBSP sugar
- 8 tsp baking powder
- 4 tsp baking soda
- 4 tsp salt

***Pancakes are fun to add lots of toppings to:

- diced apples, bananas, pears
- dried fruit like raisins, cranberries, or granola mix
- peanut butter or other whole nuts (we love walnuts & pecans)
- add chia seeds, pumpkin seeds, cinnamon, pumpkin pie spice, nutmeg
- jelly or marmalade or PURE maple syrup
- use pancakes to make a PBJ sandwich
- icing and sprinkles for a birthday treat!

**** Mix well and store in a ziplock bag****

For one batch of pancakes for the family:

1. Measure out 2.5 cups of dry pancake mix and put into large bowl
2. Measure 1.5 cups plant milk, add 1 TBSP apple cider vinegar and allow to sit a few minutes.
3. Add fruit, vanilla and milk mixture to dry pancake mix.
4. Heat griddle. I use a basting brush to lightly oil it.
5. Scoop out tiny or large pancakes for the family. Once they start to bubble, flip them over to brown the second side.