



## *Fluffy Pancakes*

SWEETS & SMOOTHIES

### Ingredients:

- Chickpea flour: 1 cup
- Baking Powder: 2 tsp
- Ground cinnamon: 1 tsp
- Maple syrup: 3 tablespoons
- Water:  $\frac{3}{4}$  to 1 cup

### Method:

Sift your dry ingredients (flour, baking powder, ground cinnamon) then add your water and maple syrup, mix the ingredients together (the consistency should be thick enough to coat the back of your spoon) then allow the mixture to sit for 5-10 minutes or until small bubbles start to form.

Heat your non-stick pan on medium heat.

Once heated pour 2 tablespoons worth of mix to create one pancake. Allow enough space between each pancake so that you can easily turn them over.

Look out for bubbles forming at the surface and the mix at the edges cooking slightly. Then flip and cook the other side for 1 minute or until golden brown.

Top or layer with fruit of your choice and drizzle with maple syrup.