



INGREDIENTS

- ½ cup Millet Flour
- ½ cup Oat Flour
- 1 cup All-purpose Flour
- 3 tsp Baking Powder
- ¼ tsp Salt
- 2 tbsp Sugar
- 1 ½ cup Milk
- 2 Eggs
- 3 tbsp Butter or Coconut Oil

DIRECTIONS

1. In a large bowl, mix the flour, baking powder, salt and sugar until well combined.
2. In a separate bowl, mix the milk, egg, and melted butter. Slowly pour into the flour mixture. Use a whisk to mix well.
3. Allow batter to rest while you heat a pan for 2-3 minutes on medium-high heat.
4. Lightly oil the pan and pour ¼ cup of batter for each pancake.
5. Cook each side for 3-6 minutes until lightly golden brown.
6. Top each pancake with about ½ cup mixed berries.

Three Grain Berry Pancakes

Vegetarian

Yield:
6 Servings

Prep Time:
10 Min

Cook Time:
20 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
258 kcal	9 g	35 g	2 g	8 g