

Ingredients

Yield: 12 pancakes

Serving Size: 2 pancakes

For the filling:

1 cup cooked quinoa
 ½ cup whole wheat flour
 2 Tbsp. ground flax-seed
 ¼ cup wheat bran
 1 tsp. ground cinnamon
 2 tsp. baking powder
 ½ tsp. coarse salt
 1 large egg, plus 1 large egg white
 1 Tbsp. canola oil
 ¼ cup skim milk
 2 Tbsp. pure maple syrup

Directions

1. In a medium bowl, **whisk** together quinoa, flour, ground flax-seed, wheat bran, cinnamon, baking powder, and salt.
2. **In another** medium bowl, **whisk** together egg, egg white, oil, milk, and syrup until smooth.
3. **Add** egg mixture to flour mixture and whisk to combine. Do not over mix.
4. **Lightly coat** a large nonstick skillet or griddle with butter or non-stick spray and heat over medium-high.
5. **Drop** a heaping tablespoonful (or use a ¼ c measuring cup) of batter onto skillet.
6. **Cook** until bubbles appear on top, 2 minutes. **Flip** cakes and cook until golden brown on underside, 2 minutes.
7. **Serve** with maple syrup or your favorite pancake topping. **Try** adding fresh fruit to the top of these.



Quinoa Pancakes	
Amount	2
Calories	154
Fat (g)	6
Sat. Fat (g)	0.5
Carb. (g)	21
Fiber (g)	4
Protein (g)	6

For Sport Nutrition Questions, contact:

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Cooking Tips & Food Facts

- Quinoa is a gluten-free whole grain that is high in protein and fiber. Whole grains help with glycogen repletion (your body's stored form of energy), preventing muscle soreness, and keeping your immune system optimized.
- Flaxseed is high in omega-3s and antioxidants, which help to alleviate inflammation and destroy free radicals produced after a heavy training day.
- **Fresh Berry Syrup:** Try heating up 1 ½ cups fresh berries in a pan with 1 ½ cups of orange juice or water, bring to a boil, let it simmer for 20 min stirring often, pour into separate container to cool and thicken. Serve warm over the pancakes as a healthy alternative to syrup and enjoy!