



## Mama Panya's Pancakes

# GRAINS LESSON

## Recipes to try at home

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### Mama Panya's Pancakes

Serves: 6



#### Ingredients:

- 1 ¼ cups flour (¾ cup whole wheat and ¾ cup white flour)
- 2 ¼ cups cold water
- 1/3 cup vegetable or sunflower oil
- ½ teaspoon salt
- ½ teaspoon cardamom or nutmeg
- ½ teaspoon red pepper flakes, crushed (optional)

#### Instructions:

1. In a bowl, mix all the ingredients with a fork.
2. Pre-heat a non-stick pan (no oil is needed) at a medium to low setting.
3. Ladle ¼ cup of batter into the middle of the pan. Tilt the pan to spread the batter to about the size of a grapefruit.
4. Cook until you see tiny bubbles in the pancake, then gently flip it over. When the second side begins to pop up from the heat, the pancake is ready.

### Chocolate Peanut Butter Oat Power Balls

Serves: 24

#### Ingredients:

- 1 ½ cups old fashioned rolled oats
- 1 cup peanut butter
- ¼ cup honey or maple syrup
- 2 Tbsp mini chocolate chips

#### Instructions:

1. Place oats, peanut butter, honey, and chocolate chips in a large bowl and stir.
2. Mix until well combined.
3. Scoop to form into small balls by rolling in your hands
4. Enjoy! Store in an airtight container.



Extension

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