



Quinoa pancakes



Source: Foundation for Promotion and Research of Andean Products, PROINPA (Bolivia) receta

Serves: **5**

Ingredients:

For the pancake mix

1 egg
1 pinch salt
1 tsp baking powder (2 g)
1 tbsp sugar (15 g)
1 tbsp oil
½ cup flour (63 g)
½ cup quinoa flakes (63 g)
1 cup milk or water, warm

For the filling

4 ripe bananas
2 tbsp sugar (30 g)
1 tbsp butter (15 g)

Preparation:

- In a bowl, mix the dry ingredients (flour, quinoa flakes, sugar, salt and baking powder).
- Then add the egg and milk to the dry ingredients. Beat the whole mixture until it becomes creamy.
- Heat a pan on moderate heat and cover with a little oil. Then dry off the oil with a cloth. Ladle some of the batter into the pan to form a thin layer. Tilt the pan in different directions to spread the mix evenly.
- Brown the pancake on both sides, flipping it over and pressing it with a spatula.
- For the filling, peel the bananas and cut into thick slices.
- In a pan heat the butter and add a thin layer of sugar. Caramelize both sides of the banana slices.
- Place the slices on one side of the pancakes and lightly roll before serving.