

*The Hungry
Dragonfly*

Pancake Cereal

Serving: 2 bowls

Prep Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 1/2 cups All-Purpose Flour
- 1 cup Almond Milk
- 1 Large Egg
- Pinch of Salt
- 1 TBSP Maple Syrup
- 1 tsp Vanilla Extract Butter for dying (optional)

Instructions:

1. In a large bowl combine milk, egg, salt, maple syrup and vanilla.
2. Whisk to combine.

3. Add flour slowly, mix just to combine. It's okay to have a lumpy batter. Do not overmix.
4. Pour mixture inside a pipping bag, zip lock bag or squeeze bottle. Cut the tip of the bag.
5. Cook pancakes over medium high heat by squeezing the batter and forming tiny circles.
6. Cook until bubbly and golden brown, for about 30 seconds, then flip over and cook for another 30 seconds.
7. Transfer to a bowl when ready.
8. Repeat the process until you used all the batter.
9. Serve as you desire and enjoy!