



Hill's Mills & Mixers **BOSCH** Kitchen Centre

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RUBY'S OWN BLENDER WHEAT BERRY/FLAX PANCAKES

I am allergic to dairy products, so I substitute white Tofu drink mix (a Bosch/Le'Equip product) in the recipe below. Very high in calcium and other great nutrients.

In 6 cup Bosch Blender, put the following ingredients:

2 cups 2% milk **OR** 1 ¼ cups water + 1/3 c Tofu Drink Mix **OR** 1/3 c non-fat milk powder
1 ¼ cups wheat berries
1/2 cup brown whole flax
1/2 tsp sea salt
2 eggs
2 tbsp honey or Splenda (optional) (Note: Personally, I use no sweetener at all)
1 1/2 tbsp fresh cinnamon (optional)
1 tsp Mexican Vanilla
3 tsp Baking Powder

Jog the blender a few times by turning the dial to the left, then turn blender onto high for three to five minutes until wheat berries are blended as desired.

Heat skillet on medium high heat until a few drops of water dance when dropped on skillet, or when a piece of white napkin turns light brown.

Quickly and lightly spray with a light soy spray (Dawn Soy Non-Stick or Vegeline – Bosch/Le'Equip Products) and drop batter on skillet by spoonsfull. Turn when batter bubbles on one side and is lightly browned. Turn onto plate and pour on more batter. No need to respray skillet.

Makes about a dozen or more pancakes or waffles, depending upon size.

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