



## Flax-Nutmeg Pancakes



### Ingredients:

- 2 cups flour
- 1/2 cup ground flax seed (flax seed meal), usually sold near oats
- 1 tsp. salt
- 1 T. baking powder
- 1 tsp. Ground nutmeg
- 2 cups milk
- 1/2 cup oil
- 1 spoonful honey
- 2 eggs
- 1 tsp. Pure Vanilla Extract (optional)

---

### Directions:

In a medium bowl, combine the flour, flax seed meal, salt, baking powder and Nutmeg. Stir and set aside. In a blender or using a hand mixer on high, combine the milk, oil, honey, eggs and vanilla. Blend until well mixed. Add dry ingredients and mix until well incorporated. Heat a cast-iron frying pan or griddle over medium-high heat and swirl a Tablespoon of oil to cover. Pour the pancake batter onto the hot griddle. We made super fun, tiny pancakes that used about two tablespoons of batter each. When bubbles form, flip the pancakes and cook until done. About 3 minutes on the first side, 1-2 on the second. Watch your temperature because the pan will tend to get hotter and cook the pancakes faster as you go.

Serves 4-6.