



Mini Corn Cakes

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Serves: Makes 3 servings of 3 mini cakes

Protein: 0.63 g per 3 mini cakes

Calories: 132 per 3 mini cakes

Ingredients

60 gm (1/2 cup) CFL pancake mix (Recipe can be found at <https://cookforlove.org>)
12 gm corn meal
60 gm (1/4 cup) rice milk
1 Tbsp. Honey

Directions

Combine the pancake mix and corn meal. Next combine the rice milk and honey and mix well. Add the milk mixture to the dry ingredients and mix until combined.

Follow the cook for love directions for cooking pancakes:

Heat a griddle over medium heat for 3 to 5 minutes. Brush it with oil. When the griddle is at the proper temperature, a drop of water will sizzle and bounce across the surface.

Place the batter onto the griddle two teaspoons at a time per cake. Turn the pancakes over when the edges look dry and bubbles come to the surface. Finish cooking on the other side, about 1 minute longer.

You can drizzle with a little honey or add melted butter.