

# Vegetable Pancakes



*Makes 3 pancakes: Each pancake is 0.6g protein*

## Ingredients:

- 3/4 c Shredded Green Cabbage
- 1/4 carrot(s) Shredded Raw Carrots
- 1/4 c Chopped Scallions
- 1 c Cambrooke MixQuick Baking Mix
- 1/2 tsp Salt
- 1/4 tsp Ground Black Pepper
- 1 tsp Grated Ginger Root
- 1 TBSP Bragg's Coconut Aminos
- 1 c Water

## Notes:

\*You can add your choice of veggies. Make sure they are shredded or chopped small for even cooking.

\*To save time, you can use 1 cup coleslaw mix for the pancake in place of shredding cabbage and carrots.

## Directions:

1. Preheat 2 tablespoons of vegetable oil in a small skillet over medium-high heat.
2. Combine the MixQuick, ginger, coconut aminos, and water in a medium bowl. Whisk until combined. It should look like pancake batter. Add the cabbage, carrots, and green onions and gently fold with a spatula to mix.
3. Add 1/2 cup of the batter mixture to heated pan. Spread thin with a spatula. You want the pancake to be thin. Cook until lightly browned, about 4 to 5 minutes and flip. Cook on this side until lightly browned. Remove from skillet. Repeat for the rest of the batter. Cut into pieces and serve warm with your choice of sauce.