



Makes 8 pancakes + $\frac{3}{4}$ cup sauce
Preparation Time: 30 minutes

INGREDIENTS:

3 cups fresh or frozen blueberries, thawed and drained

3 tablespoons pure maple syrup

2 teaspoons pure vanilla extract

1 lemon

1 cup unsweetened, unflavored plant-based milk

$\frac{1}{2}$ cup unsweetened applesauce

2 tablespoons flaxseed meal

1 $\frac{1}{2}$ cups quinoa flour

1 teaspoon baking soda

Jammy Blueberry Quinoa Pancakes

These fluffy quinoa **pancakes** are the perfect way to start the day, striking just the right balance between nourishing and indulgent. **Quinoa** flour adds a robust, nutty flavor—if you've never tried it, these pancakes are a great way to give it a whirl—while lemon zest and juice and whole blueberries provide a fresh, zingy brightness. Top with an easy warm blueberry sauce and dig in!

For more inspiration, check out these tasty ideas:

- [Chocolaty Black Bean Pancakes](#)
- [Oatmeal-Lemon Pancakes with Raspberry-Date Syrup](#)
- [Chocolate Pancakes](#)
- [Gluten-Free Crepes](#)

By Kathryn Johnson, RDN, LD

- 1 For blueberry sauce, in a small saucepan combine 2 cups of the blueberries, the maple syrup, and 2 tablespoons water. Bring to boiling; reduce heat. Cover and simmer 10 minutes or until blueberries start to burst. Stir in vanilla. Keep warm while preparing the pancakes.
- 2 Remove 1 teaspoon zest and squeeze 3 tablespoons juice from lemon. In a bowl whisk together juice and zest, milk, applesauce, and flaxseed meal. In another bowl whisk together quinoa flour and baking soda. Add milk mixture to flour mixture; stir until just combined. Fold in the remaining 1 cup blueberries.
- 3 Heat a nonstick skillet over medium. For each pancake, spoon a heaping $\frac{1}{3}$ cup batter into skillet. Batter may be too thick to spread on its own; use spatula to spread to desired size. Cook 3 minutes or until edges are firm and bottom is light brown. Turn pancakes; cook 3 minutes more or until cooked through. Keep warm in a 200°F oven while cooking remaining pancakes. Serve with warm blueberry sauce and, if you like, additional fresh blueberries.