

ONE BITE

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Vegan Options in Auckland, NZ

Basil Cornmeal Pancakes With Wild Blueberry Preserves

By Sarah Jane Parker

Servings: 10 pancakes

Ingredients

- 1/2 cup yellow cornmeal
- 1/2 cup fine sorghum flour
- 2 Tablespoons ground flaxseed
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup rice milk or other non-dairy milk
- 2 Tablespoons olive oil
- Zest of 1 lemon
- 1 generous Tablespoon chopped fresh basil
- Wild Blueberry Preserves from Bonne Maman

Instructions

1. Preheat a skillet on the stove or an electric griddle over medium heat.
2. Whisk together the corn meal, sorghum flour, flaxseed, baking powder, and salt
3. Whisk in the rice milk, olive oil, lemon zest, and chopped basil until everything is mixed well and a batter forms
4. Scoop about 1/8 to 1/4 cup batter onto the preheated pan, spreading out a little if needed since this batter is a bit thick. Cook until golden on each side
5. Serve hot or warm topped with Wild Blueberry Preserves from Bonne Maman
6. Enjoy!

Notes

These have the best taste and texture when they are served warm. If you have leftovers, warm them up before serving them





About the author...

I'm **Sarah**, a personal trainer & food allergy mom, I share allergy friendly recipes and healthy living tips.

