

Sand Dollar Pancakes

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Ingredients Needed:

- 2 Tbs sliced almonds
- 2/3 cup whole grain pancake mix
- ½ tsp cinnamon
- 1 Tbsp. canola oil
- ½ cup plus 2 Tbsp. soy milk

<u>Nutrition Facts:</u>	
Yield	3 servings
Calories	205
Total Fat	8.5 g
Sat Fat	2 g
Sodium	574 mg
Added Sugar	3.5 g
Fiber	3.5 g
Vitamin E	15% DV
Calcium	14% DV
Iron	17% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- Combine pancake mix, canola oil, soy milk, and cinnamon.
- Pour about ¼ cup batter per pancake onto a hot non-stick griddle or skillet. Place almonds on pancake in a flower pattern (see picture). Cover over medium heat for 2-3 minutes or until tops are covered with bubbles and edges look cooked.
- Flip pancakes over, and cook an additional 2-3 minutes or until bottoms are golden brown.

