



Vegan Lemon and Rosemary Parcakes

Prep Time 10 minutes

Cook Time 5 minutes

Total Time 15 minutes

Servings 1-2

Ingredients

- 1 Cup Flour (you can use GF Flour if you need)
- 2 Tablespoons Organic Sugar
- 1 Tablespoon Baking Powder
- ½ Teaspoon Salt
- 1 Cup Non-dairy Milk (I prefer Oat)
- 3-4 drops Lemon Essential Oil
- 1 Teaspoon Vanilla
- 1-2 Drops Rosemary Essential Oil

Instructions

1. In a medium bowl, add the flour, sugar, baking powder, and salt, and stir to combine.
2. In a medium bowl or liquid measuring cup, add almond milk, lemon & rosemary oil and vanilla, and stir to combine.

3. Pour the liquid mixture into the dry mixture and whisk until smooth.

4. Let batter rest for 5-7 minutes.

5. Pour about ½ cup of batter onto a non-stick pan or griddle over medium heat.

6. When the top begins to bubble, flip the pancake and cook until golden.

Serve warm with maple syrup, coconut yoghurt...whatever trickles your fancy.

*Note I only use Certified Pure Therapeutic Pure Grade essential oils from doTERRA.