

ALIEN PANCAKES

SERVES 4 • 15 MIN.

Ingredients:

¼ cup whole-grain wheat flour
¼ cup flaxseed meal (found at natural food stores and most supermarkets)*
¼ cup finely ground walnuts (a coffee grinder works well)
1 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 ¼ cups reduced-fat (2%) buttermilk
¼ cup pure maple syrup
1 large egg
1 tablespoon (or more) canola oil

Per Serving:

Calories: 405
Fat: 30 g
Omega-3: 4500 mg
Cholesterol: 60 mg
Sodium: 534 mg
Carbohydrates: 30 g
Fiber: 6 g
Sugar: 18 g
Protein: 12 g
Vitamin A: 3%
Vitamin C: 3%
Calcium: 30%
Iron: 12%
Magnesium: 24%
Zinc: 18%

Nutrition Notes:

By incorporating ground flax seeds and walnuts, this recipe amps up the nutrient content by packing in healthy omega-3 fatty acids. Several studies have found that children with ADHD are often deficient in these healthy fats, and that incorporating them into the diet may decrease symptoms.²⁰

Special Tools:

squeeze bottle

Preparation:

Whisk flour, flaxseed meal, walnuts, baking powder, baking soda, and salt in medium bowl to blend. Whisk buttermilk, ¼ cup maple syrup, and egg in another medium bowl. Add buttermilk mixture to dry ingredients and whisk just until incorporated. Add more buttermilk or water to get a thinner texture than normal pancakes. Put batter in a squeeze bottle.

Brush large nonstick skillet lightly with canola oil and heat over medium. Decide what shape or image you are going to create and start by squeezing out the outline in the heated pan. Let the outline cook until it darkens slightly. Fill in the blanks with the remaining batter and cook until bubbles appear on surface of pancakes and undersides are golden brown (about 2 minutes). Turn pancakes over and... VOILA! The image appears. Continue to cook other side until golden on bottom (about 2 minutes). Brush skillet lightly with vegetable oil as needed before adding each batch. Transfer pancakes to plates. Serve with additional maple syrup as desired.

