

PUMPKIN SPICE PANCAKES W/BEET SYRUP

A GREAT WINTER BREAKFAST WITH LOCAL "HARDWOOD ISLAND MAPLE GROVE" MAPLE SYRUP

These pancakes are super easy to make and a yummy treat for the whole family. Feel free to add chocolate chips, blueberries or other fruit of your choice.



INGREDIENTS

- 1 cup of "Pamela's Baking and Pancake Mix"
- 2/3 cup of water
- 1 large egg
- 1 Tbsp of coconut oil
- 1/2 cup of maple syrup
- 1 Tbsp of "Salus Beet Juice Crystals"



DIRECTIONS

1. Whisk pancake mix, water and egg together.
2. Melt coconut oil in a frying pan.
3. Pour pancake batter into small 2-3inch pancakes. and cook until golden brown on both sides.
4. Mix Maple syrup and Beet Crystals together and serve with warm pancakes.



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