



Flax Griddle Cakes

1 tbsp. canola oil
1 cup all-purpose flour
 $\frac{1}{2}$ tsp. baking soda
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tbsp. sugar
1 egg
1 tbsp. **Natunola® health's delight
Shelled Flax Kernel**
 $\frac{3}{4}$ cup plain yogurt
 $\frac{1}{2}$ cup skim milk



Preheat one tablespoon of canola oil on griddle at medium heat. Add together all other ingredients in a large bowl and mix until smooth.

Using a large serving spoon, pour batter onto griddle. When mixture bubbles on the surface, flip the griddle cake over using a spatula and cook for approximately one minute.

Remove griddle cake from pan when lightly browned and serve with butter and maple syrup.

Yields approximately 6 griddle cakes

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