

David's Moong Flour Pancakes

1. Dinner Pancake

- 1/2 Cup Moong flour
- 1/2 Cup brown rice flour
- 1 Tbsp cilantro (coriander) finely chopped
- 1 Carrot grated (about 1/2 cup)
- 1/4 Tsp grated ginger (1/2 tsp ginger paste)
- 1 Green chili diced
- 1/4 Tsp baking soda
- 1/2 Tsp hot oil (or to taste)
- Salt to taste
- 1 Cup water (or vegetable broth)
- 1 Beaten egg
- 2 Tbsp of coconut oil (butter or other oil)

Mix all dry ingredients in a bowl with enough water to make batter. Add seasonings and vegetables and mix into the batter. Add the wet ingredients and mix into the batter. The batter should thinly coat back of a spoon, if necessary stir in more liquid until the batter is the desired consistency.

Heat a skillet or griddle on medium heat (about 300 to 325 degrees) with a liberal amount of coconut or palm oil . Pour a large spoon full of the batter onto the cooking surface. Allow to become light brown, flip over and cook other side. Serve with a green chutney or serve food such as ground meat and peas (see my recipe) over the pancake. Makes four medium size pancakes.

2. Breakfast Pancake

- 1/2 Cup Moong flour
- 1/2 Cup coconut flour
- 1 Tsp baking powder
- 1/2 Tsp salt
- 1 Cup water
- 2 Beaten eggs
- 2 Tbsp of coconut oil (butter or other oil)
- 1/4 Cup sugar, honey, brown rice syrup or other sweetener
- 1/4 Cup sliced almonds
- 1 Diced mango (dried mango can be substituted if fresh mangos aren't available)

Preparation is similar to that described above. Try serving it with Mango spread or other syrup.