**LEMON POPPY SEED PANCAKES**

From Kathryn Conlen’s Kitchen



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| **Prep Time:** 10 Minutes **Cook Time:** 10 Minutes **Serves:** 3-5 |
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**INGREDIENTS**

1½ cup YL Einkorn Flour

1-1/2 tsp Baking Powder

1 tsp Baking Soda

1 Tbls Raw Coconut Palm Sugar or Raw Cane Sugar

4 Organic Eggs

½ cup Organic Grapeseed Oil

1-1/2 tsp Vanilla Extract or 1-2 Drops YL Vanilla Essential Oil

1 cup Unsweetened Rice, Almond or Coconut Milk (water can be used)

2 Tablespoons Poppy Seeds

10 Drops YL Lemon Essential Oil

3 Tablespoons Organic Fresh Squeezed Lemon Juice

**PREPARATION**

Mix ingredients. Pour on pre-heated griddle or pan and cook until cooked through and golden brown on both sides. Top with fruit, YL Ningxia Berry Syrup or maple syrup.