

# Soy flour pancakes

(Serves 4)

Reduce production of hexa-LPS and beta-glucuronidase with this recipe rich in galacto-oligosaccharides (GOS).



## Ingredients:

- 1 cup soy flour
- 2 tsp baking powder
- 2 tsp corn starch
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp lemon juice
- 1 egg
- 1 tbsp olive oil
- 300 ml soy milk (made from soybean)

## Method:

- Mix all ingredients together in a large bowl (add water if it feels too dry).
- Heat a frying pan over low-medium heat and add the oil.
- Pour  $\frac{1}{2}$  cup batter into the pan.
- Flip the pancake when you see bubbles form.
- Cook until golden brown on both sides.
- Serve with your favourite toppings.