



## **Symbiosis Ranch Recipes**

### Pancakes

2 c. milk (can use rice or almond milk)

1-3 eggs

2 t. baking powder

1/2 t. sea salt

2 c. flour (any or mix & match)

1/4 c. honey

1/4 c. oil (or ground flaxseed)

1 1/2 t. vanilla

1 t. cinnamon