

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:

1. Mix all ingredients together in a large bowl (add water if it feels too dry).
2. Heat a frying pan over low-medium heat and add the oil.
3. Pour ½ cup batter into the pan.
4. Flip the pancake when you see bubbles form.
5. Cook until golden brown on both sides.
6. Serve with your favourite toppings.