

RECIPE



These Spinach and Quinoa Savory Pancakes are a versatile and nutrient-dense option for any meal. Made with protein-rich quinoa and vibrant spinach, these gluten-free and wholesome pancakes are perfect for stuffing, rolling, or enjoying as a sandwich base. Whether filled with veggies, ricotta, or chicken, they are a delicious way to combine flavor with nutrition, while being adaptable to your favorite fillings and creativity.

Spinach and Quinoa Savory Pancakes

Yield: 6–11 pancakes (depending on skillet size)

Ingredients

Pancakes:

½ cup white quinoa, soaked for 2 hours or overnight

½ cup water

2 cups organic spinach, packed

¼ tsp. salt

1 pinch white ground pepper

1 tsp. olive oil

Filling Options:

- Veggies (e.g., grilled zucchini, roasted peppers)
- Ricotta cheese
- Shredded chicken
- Or any filling of your choice

Instructions

Prepare the Batter:

Rinse the soaked quinoa thoroughly.

Yours to Artful Eating,

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In a blender, combine the quinoa, water, spinach, salt, and pepper. Blend until smooth and creamy.

Cook the Pancakes:

Heat a small skillet over low heat and lightly grease with olive oil.

Pour a small ladle of the batter into the skillet, spreading it thinly to cover the bottom.

Cook for about 1 minute until set but not golden (overcooking may cause dryness).

Flip the pancake carefully and cook the other side for another 30–45 seconds.

Repeat with the remaining batter.

Fill and Serve:

Use your favorite filling to create stuffed pancakes, rolls, burritos, or sandwiches.

Experiment with combinations like ricotta and grilled veggies or chicken and fresh herbs for variety.

Health Benefits of these Pancakes:

- Diet-Friendly: Egg- and gluten- and dairy-free options make it versatile for various dietary needs.
- Rich in Protein: Quinoa offers complete protein for muscle repair and energy.
- High Fiber: Quinoa and spinach support digestion and satiety.
- Nutrient-Dense: Spinach provides iron, magnesium, and vitamins A, C, and K for immunity and bone health.
- Heart-Healthy Fats: Olive oil adds beneficial monounsaturated fats.

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