

# Lactose-free Breadfruit Pancakes



## Ingredients

1/3 cup breadfruit flour  
1/3 cup orange juice  
1 egg  
2 teaspoons vegetable oil  
Shakes of nutmeg, cinnamon, vanilla

## Directions

Mix well and let sit for a few minutes.  
Grease a large skillet, heat.  
Scoop small portions of the mix into the skillet to make silver dollar sized pancakes.  
When brown, flip once.  
(This will only take a few minutes.)  
Serve warm with syrup.

Serves three people.

