



Macrobiotic Cooking With Theresa

Whole grain rice pancakes

February 12th, 2009

- 1 cup organic short grain brown rice
 - 1 cup organic sweet brown rice
 - 1 cup water
 - 4 tbsp sesame oil
 - 2 tsp. non-aluminum baking powder
 - 1/2 tsp. sea salt
 - 2 tsp. vanilla
-
- Rinse and drain rice.
 - Put drained rice in a bowl and cover with fresh spring water to soak overnight.
 - Drain the soaked rice the following morning and then put in the blender or food processor. Add remaining ingredients except the water.
 - Process on high for 1 minute. Slowly add the 1 cup of water and puree until smooth and creamy.
 - Pour batter on heated and oiled stainless steel or cast iron frying pan.
 - Cook on medium low heat for about 3-5 minutes. Flip and repeat.
 - Top with jam, brown rice or maple syrup or your favorite topping.
 - If your looking for a lunch idea, omit the vanilla in the batter. We can turn these pancakes into your "bread of life". Now you can add your favorite sandwich stuffing. How about putting some hummus between two pancakes? Need a little zip? Spread a touch of umeboshi plum paste on it. Great taste sensation!

