



Lentil Pancakes

Yield: 1-1/4 cups mixture (five 1/4th cup Pancakes)

3 level packed Tablespoon (1 oz.) Eco Scramble Basic Mix
200 grams (14 Tablespoons) Cold Water

1. On medium heat, preheat a lightly oiled sauté pan (nonstick works best).
2. Pour dry mix into mixing bowl, add cold water and mix until evenly incorporated. Let set for 5 minutes.

1 teaspoon Garam Masala Spice blend
1/4 teaspoon Salt (black or plain salt)
6 tablespoons *Rehydrated Instant or raw cooked lentils
1/4 cup Cilantro, fresh chopped

3. Add next four ingredients in any order.
4. Scoop 1/4th cup portions of zucchini egg mixture into heated pan and spread into a circle with spatula. Let cook on medium heat for 1-1/2 to 2 minutes (should be firm on top when touched). Flip and lightly brown opposite side for approximately one minute.

Serve immediately or and refrigerate until ready to use. Freeze thaw stable.

*Rehydrating Instant Lentils

Yield: approximately 140 grams

100 grams Teasdale Instant Black Beans
150 grams Hot Water