

Corn and Black Bean Cakes

Ingredients:

2 cups **Wellness Forum Health's Quick Mix, or Gluten-Free Quick Mix**

1½ cups unsweetened, unflavored plant milk

¼ cup unsweetened applesauce

1 medium red bell pepper, seeded and finely diced

1 (10-ounce) package frozen corn kernels, thawed

1 cup cooked or canned black beans, rinsed and drained

6 green onions, white and light green parts thinly sliced

tomato salsa for serving

chopped fresh cilantro for serving

Instructions:

- Add the Quick Mix to a large bowl. Make a well in the center of the flour mixture and add the plant milk, applesauce, bell pepper, corn, black beans, and green onions. Gently fold the ingredients together just until incorporated. Do not over mix.
- Heat a non-stick griddle or large non-stick pan over medium heat until a few drops of water dropped in the pan jump and sizzle. Use a tiny amount of cooking spray to prevent sticking.
- Spoon ½ cup batter for each pancake onto the pan, making sure they don't touch each other, until no more will fit in the pan.
- Cook until the undersides are crisp and the pancake can be easily flipped without falling apart, about 4 minutes.
- Transfer the pancakes to a platter and repeat with the remaining batter.
- Serve the pancakes topped with salsa and chopped cilantro