



RECIPE

PERSONAL MAPLE PANCAKE MUG

SERVES ONE



INGREDIENTS

- 1 cup gluten-free pancake mix
- ¼ cup coconut milk (or other non-dairy milk) or water
- 1 scoop NadaMoo! Maple Pecan
- 1 tsp maple syrup
- 1 Tbsp crushed pecans (optional)

DIRECTIONS

1. Combine pancake mix and coconut milk in a microwave-safe mug. Stir until there are only a few visible lumps.
2. Heat in microwave for 1 minute on high.
3. Top with Maple Pecan, maple syrup, and crushed pecans (if using).

NOTES