



SPLIT PEAS

Cut down on prep time by cooking a batch of split peas and storing in the fridge or freezer to add to recipes all week long.

INGREDIENTS

- Split peas
- Water

PROCEDURE: STOVETOP

- 01** Rinse split peas with water — no need to soak!
- 02** Combine split peas and water, bring to a boil. For every cup of split peas, use 2 cups of water.
- 03** Simmer for 35-40 minutes..

HOW TO STORE:

- Dry Split Peas
 - Store time: Up to 1 year
- Canned Split Peas (sealed)
 - Store time: Several years
- Cooked/Canned (opened in refrigerator)
 - Store time: Up to 5 days
- Cooked Split Peas (freezer)
 - Store time: 6 months



SPLIT PEAS

Sweet Pea Pancakes

INGREDIENTS

- 2.5 cups pancake mix
- 1 cup water
- 1 cup split yellow peas (cooked)
- 1/4 cup honey or brown sugar
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/2 tsp salt
- 1/2 cup butter

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PROCEDURE: STOVETOP

01

Add pancake mix to medium sized bowl. Slowly stir in water until well mixed.

02

In a separate medium sized bowl, add yellow split peas and mash with fork. Once well mashed, add 1 tbsp butter, honey or brown sugar, cinnamon, vanilla, and salt. Mix until pureed. Add to pancake mix and stir until well blended.

03

Heat frying pan over medium heat. Add 2 tbsp oil. Once heated, add 1/2 cup pancake mix at a time, forming pancakes. Cooking for approximately 1-1.5 minutes on each side.

04

Remove from pan, add toppings and enjoy!

