



GLUTEN FREE PANCAKES

5 MINS
PREP

GLUTEN
FREE

DAIRY
FREE

VEGGIE

This gluten-free pancake mix is great to have to hand in your cupboard.

These dairy-free pancakes can be knocked up as quick as it takes to make a pot of coffee. They are full of fibre, B vitamins, magnesium and selenium and even make a great base for fritters!

WHAT YOU NEED

The Flour Mix:

- 1 cup brown rice flour
- 1 cup white rice flour
- 1 cup gluten-free oat flour
- 1 cup buckwheat flour
- 1/3 cup maize flour
- 1 tsp xanthan gum
- 1/2 tsp bicarbonate of soda
- 1 tsp baking powder
- 1/4 cup of coconut sugar

For The Pancake Mix:

- 1 cup of pancake flour mix
- 1 egg

WHAT TO DO

1. Mix all the ingredients for the pancake flour mix in a big bowl and store in a large jar.
2. To make the pancakes, put all the wet ingredients into a big bowl with a squeeze of lemon and beat together.
3. Add 1 cup of flour mix and gently stir until combined. Add more milk if it feels too stiff.
4. Heat a pan until medium-hot and brush with coconut oil.
5. Ladle some of the mix into the pan and cook on one side until golden. Flip it over; the second side should take less time than the first.
6. Keep warm in a tea towel until ready to serve, topped with your favourite topping.

1 tbsp coconut oil (or butter)

1 cup nut milk of your choice

1/2 lemon