Gluten & Dairy Free Pancakes

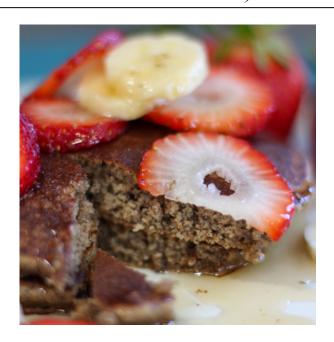
Servings: 8

Prep time: 10 min

Cook time: 15 min

INGREDIENTS

2 eggs seperated 4 tablespoons of cane sugar 3/4 cup of dairy free milk 2 tablespoons of vegan butter 1 cup of oat flour 1/4 cup of millet flour (can replace with almond flour if needed) 1/2 cup of buckwheat 1 teaspoon of cinnamon 1/4 teaspoon of nutmeg 1 tablespoon of benefiber (optionalincreases fiber without effecting taste) 1 teaspoon of vanilla extract 2 teaspoons of baking powder 1/2 teaspoon of salt



DIRECTIONS

- First, separate the whites from the yolks of two eggs into two separate bowls.
- Then, beat the egg whites with an electric mixer on high until it begins to form soft peaks. Set the egg whites aside.
- In a large bowl add 2 egg yolks, 3 tablespoons of cane sugar, and 3/4 cup of dairy free milk.
- Mix until smooth.
- Add I cup of oat flour, I/4 cup of millet flour, I/2 cup of buckwheat flour, I teaspoon of cinnamon, I/4 teaspoon of nutmeg, I tablespoon of benefiber (optional), 2 teaspoons of baking powder, and I/2 teaspoon of salt.
- Mix again.
- Add 1 teaspoon of vanilla extract.
- Melt 2 tablespoons of vegan butter in a cast iron skillet and add it to the bowl.
- Mix again.
- Lastly, fold in the egg whites.

Directions continue on the next page —



Gluten & Dairy Free Pancakes

Servings: 8 Preptime: 10 min Cook time: 15 min

DIRECTIONS

- Cook the pancakes on a hot cast iron skillet over medium heat with vegan butter or coconut oil. Pour out the desired amount of gluten and dairy free pancake batter. I like to make mine with roughly a 1/4 cup of batter.
- Cook for around 1 minute until you see the edges start to cook and bubbles on the surface.
- Then, flip the gluten and dairy free pancake and finish cooking it for about another minute
- To keep your pancakes warm till you are ready to serve them, layer them on a cooling rack stacked on a baking tray and place them in a warm oven (170 degrees Fahrenheit).

NOTES:

Top with butter, maple syrup, fresh fruit, Truwhip, apple syrup, any nutbutter, or applebutter.