

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 (optional-
increases 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 1 cup of oat flour, 1/4 cup of millet flour, 1/2 cup of buckwheat flour, 1 teaspoon of cinnamon, 1/4 teaspoon of nutmeg, 1 tablespoon of benefiber (optional), 2 teaspoons of baking powder, and 1/2 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 →

Recipe by: Cheri Moore

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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.
