



Perfect Pancakes Recipe

Yield: 4-6 servings

Ingredients:

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted (optional)

Directions:

1. In a large bowl, sift together the flour, baking powder, salt and sugar.
2. Make a well in the middle and pour in the milk, egg and melted butter; mix with a fork or whisk until smooth.
3. Heat a griddle or large pan over medium high heat (I set my griddle at 375°F). Pour or scoop ¼ cup of batter for each pancake. Wait until bubbles form to flip. Brown on the other side and serve with butter and blueberry syrup.

Notes:

100% whole wheat - add an additional teaspoon of baking powder + 1 Tablespoon milk.

50% whole wheat - add ½ teaspoon baking powder.

1/4 cup ground flax - remove ¼ cup flour + ½ teaspoon baking powder.

Add 1 mashed banana - no changes.





Gluten Free Pancakes

Yield: 4-6 servings

Ingredients:

- 1 cup of gluten free all-purpose flour
- 1 tablespoon ground flax seed (flax meal)
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- 2 tablespoons maple syrup (or sugar, honey)
- 1 teaspoon vanilla
- ¼ cup of unsweetened applesauce
- 1 cup of milk (or non dairy)

Directions:

1. In a medium sized mixing bowl, sift together flour, flax meal, baking powder, cinnamon, and salt.
2. In a separate bowl, combine maple syrup, vanilla, applesauce, and milk. Slowly mix in half of the liquid into dry bowl, stirring continuously, and the rest ¼ cup at a time to avoid a runny batter (not all gluten free mixes are the same see note below). Mix until you get the lumps out of the batter. You don't want it to be too thick or too runny. There's a happy medium and 1 cup + 2-ish tablespoons should be just about right.
3. On a greased, heated griddle over medium heat (or pan on your stovetop), begin to cook pancakes about a ¼ cup of the batter for each one.
4. Cook 1-2 minutes until they start to bubble around the edges, and flip. Cook for another 1-2 minutes. Remove from pan and serve.

Notes:

Gluten Free Flour Mixes that work for this recipe: Bob's red mill, cup4cup, better batter, Pamela's baking mix.

Do not use arrowhead gluten free mix. The pancakes stick and don't hold together well. My kids say they are "grainy".

You can omit the flax meal and substitute with 1 egg.



Grain Free Pancakes

Yield: 4-6 servings

Ingredients:

- ¼ cup coconut flour sifted
- 1 teaspoon baking soda
- Pinch of salt
- 4 eggs
- ¾ teaspoon vanilla extract
- ¼ cup unsweetened almond milk or coconut milk
- 1 tablespoon honey
- Ghee or butter for cooking

Directions:

1. In a medium-sized bowl, combine the coconut flour, baking soda, and salt and stir with a fork to incorporate.
2. In a separate bowl, whisk together the eggs, vanilla, almond or coconut milk, and honey. Pour the wet mixture into the dry mixture and stir until thoroughly incorporated and no lumps remain.
3. Heat about a tablespoon of ghee (or butter) in a large pan or griddle over medium heat then pour ¼ cup batter (to make 2-3 inch pancakes), making sure to space them far enough apart that they don't connect.
4. Cook until they begin to bubble, then flip them and cook for another 2 minutes. Repeat the process with the remaining batter.