



## Breakfast Pancakes



### Ingredients

Serves: Makes approx. 15 pancakes

Gluten, Dairy, Soya and Refined Sugar Free; can be egg free

- 75g gluten-free plain flour (I use Doves Farm or Innovative Solutions), or a mix of teff flour and plain gluten-free flour
- 45g ground almonds
- 1tsp baking powder
- 1 egg or 1tbsp milled flax seeds 'whizzed' with 3tbsp water
- Approx. 200ml almond milk or your choice of dairy or dairy free milk You will use less if not using flax

Optional:

- Half tsp ground ginger or cinnamon
- 2tsp - 1tbsp milled flax seeds
- 1tbsp maca powder
- Handful dark chocolate chips, check ingredients
- Handful of fresh berries, a mashed banana or a handful of raisins

### Method

- Mix together the dry ingredients in a bowl.
- Meanwhile, place a large frying pan on a medium heat.
- Add the egg and milk and hand whisk until you have a smooth mixture, rather like thick double cream. The amount of milk you need will depend on whether you use maca, flax or not and what flour you use.
- Once the pan is hot place tablespoonfuls of mixture into the pan. Leave for approx. 1 minute until bubbles start rising to the surface. Carefully turn over and cook until golden on both sides. The first batch will take longer than the rest unless the pan is really hot before starting.
- Serve plain or with honey or dairy free chocolate spread. Alternatively, if you like your pancakes sweet, add a tablespoon or 2 of sugar to the mix or the chocolate chips.
- Please note that if you are using maca you will need to add the cinnamon or ginger too to adjust to taste.