



## LIGHT FLUFFY GLUTEN-FREE PANCAKES

### INGREDIENTS (DRY):

- 1¼ cup gluten-free flour\*
- 2 tbs powdered sugar (you can use regular sugar but I get better results with powdered)
- 2 tsp baking powder
- 1 tsp salt

### INGREDIENTS (WET):

- 1 egg
- 1½ cup milk (plus ¼ cup if not using maple syrup)
- ¼ cup maple syrup (optional)
- 2 tbs butter (melted and cooled)
- 1 tbs sour cream
- 1 tsp vanilla
- 1 tsp high heat oil for the griddle - I recommend avocado

### INGREDIENTS (OPTIONAL ADD-INS):

- ½ cup chocolate chips
- ¼ cup honey (substitute for maple syrup, you can also add ½ tsp cinnamon)
- ¼ cup blueberries

### NOTES:

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### ABOUT THIS RECIPE

Gluten-Free Pancakes were always so hard to get right. They always flattened or became way too chewy in the middle. After a lot of trial and error, this recipe has been a HUGE hit with our family. They cook up thick and fluffy and they have great flavor.

I started seeing a real difference in the texture when I started adding sour cream to my recipe. Then, when I started using a hand mixer, I noticed that they tended to rise higher and keep that fluffiness better. You can skip both and see what works best for you. But I recommend trying it exactly the way I outline below first. I think you'll be very happy with both the results and the flavor.

### DIRECTIONS:

1. Whisk dry ingredients together in a bowl.
2. In a separate bowl, beat the egg with a hand mixer on low. Continue mixing and add milk slowly, then melted butter, vanilla and sour cream (and maple syrup if using).
3. Make a well in the dry ingredients and add half of the wet ingredients. Fold the dry ingredients into the well. Mix by hand until moistened.
4. Add remaining wet ingredients and use hand mixer to mix until everything is well incorporated. Add more milk slowly if the batter seems too thick.
5. (Add chocolate chips and fold in, if using.)
6. Heat griddle on high until surface gets hot. Add a small amount of oil of your choice (recommend avocado). Turn heat to low (2 or 3 on electric).
7. Scoop serving size of your choosing onto hot griddle. The batter should be thick but not too thick to spread a bit.
8. When bubbles come to the surface, flip and cook the other side through. If first side looks too dark, lower heat.

Enjoy with Maple Syrup or topping of your choice! :)

Also, you may want to make a double batch. They go quickly!

\* I used Namaste Foods - Gluten Free Perfect Flour Blend (purchased from Costco). Your flour blend might be different and may yield different results. Adjust ingredients accordingly (ratio of wet and dry, etc) to work with your blend.