Easy Gluten Free Pancake Recipe

The gluten free household faces unique challenges. Even though gluten-free products have become more mainstream, they still cost between 2 to 10 times more than conventional alternatives. And even at those hefty prices, gluten free products like pancake mixes are rarely organic.

Until recently, cooking was all but a lost art. For those who wish to take back our health and save money on eating out, cooking from scratch is becoming more popular than ever.

A truly healthy diet consists of 80% or more fresh, raw, organic produce – more vegetables than fruits. (Check out the *80% Raw Food Diet* for more information.) But for those of us who are foodies, this still leaves a little wiggle room for variety. Although anything made with sugar should not be a staple in our diet, no one should be forced to live life without pancakes. Even if gluten doesn't bother you, this recipe should prove far superior to any other pancake recipe, and it even forms a complete protein!

Whenever possible, buy organic. In the case of cornstarch, *always* buy organic to avoid GMO corn products.

You Will Need

- Organic Rice Flour (brown or white)
- Organic Corn Starch
- Tapioca Flour
- Garbanzo Bean Flour (aka Chickpea Flour)
- Aluminum Free Baking Soda
- Aluminum Free Baking Powder
- Gelatin or Organic Xanthan Gum
- Sea Salt

- Organic Maple Sugar
- Fruit (optional)
- Eggs or Egg Replacer
- Butter or Spread (Cow, Goat, or Earth Balance)
- Buttermilk, Kefir or Yogurt (Cow, Goat, or Coconut)
- Honey or Maple Syrup
- Organic Vanilla Extract
- Optional toppings include up to 2 Cups Fresh Fruit (Blueberries, Strawberries, Bananas and Cherries are all popular choices, but any fruit you like will do) and Whipped Cream.

Dry Pancake Mix (Makes 3 Batches)

First mix up a batch of dry pancake mix. Feel free to double or triple this recipe. Keep what is left over in a closed jar in your pantry for later use. The mix tastes best when used within 3-6 months.

- 3 ½ Cups of Rice Flour
- ½ Cup of Corn Starch
- 1 Cup Garbanzo Bean Flour
- 1 Cup Tapioca Flour
- 1 ½ Teaspoons Baking Soda
- 3 Teaspoons Baking Powder
- 1 Tablespoon Salt
- 1 Teaspoon Xanthun Gum or Gelatin
- 3 Tablespoons Maple Sugar

Pancakes (Yields about 12 pancakes)

- 2 Cups of Dry Pancake Mix (see above)
- 2 Eggs or Egg Replacer
- 2 Cups Milk
- 4 Tablespoons Melted Butter (or Spread)
- 1Tablespoon Vanilla Extract

Combine all of the dry ingredients in a large mixing bowl and stir with a whisk, or you can put the dry ingredients in a closed container and shake a few times.

Preheat your pan or griddle (we prefer cast-iron, and we advise against Teflon).

Whisk the eggs, milk, melted butter, and vanilla extract. Add dry ingredients and mix until well combined. (It can still have some lumps).

Add a small amount of butter, or cooking oil to the pan. If it sizzles, it’s ready. We like avocado oil, rice bran oil, peanut oil, or coconut oil. (For this purpose olive oil is a poor choice due to its low smoke point; it burns too easily)

Using a ladle, pour the pancake batter onto the griddle or large pan. Within 2-3 minutes, bubbles will form around the edges of the pancake. Gently slide a spatula beneath the pancake and carefully flip. (The cooked side should be golden brown.) After another minute or two your pancakes will be ready. If not served immediately, pancakes can be kept warm for up to 30 minutes when covered and held in a 200-degree, preheated oven.



Recommended Reading:

- *Powerfully Healing Raspberry Cream Smoothie Recipe*
- *No More Gluten – How I Found Health After MS*
- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*