

Gluten Free Cassava Pancakes Recipe



PREP TIME:
5 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Batter Ingredients:

- ½ Cup Gluten Free Flour – *Recommend: King Arthur Brand*
- ½ Cup Cassava Flour
- 2 teaspoons Baking Powder
- ½ teaspoon salt
- 3 TBSP Coconut Sugar
- 1 Egg
- 1/2 Teaspoon Pure Vanilla Extract
- 2 TBSP Canola Oil
- ¾ Cup Organic Coconut Milk (or other non-dairy milk: Almond/GF Oat)
- Non-dairy Butter (recommend Melt brand or Earth Balance)

Instructions:

1. In small mixing bowl add both flours, baking powder, salt and sugar.
2. In a separate small bowl add 1 egg (lightly whisked), vanilla, oil and milk.
3. Add wet ingredients to dry ingredients and mix with spoon until combined. Try not to overmix.
4. Warm a pancake griddle or large pan and disburse non-dairy butter coating pan.
5. Spoon in batter – making 2 batches of 3-4 pancakes.
6. Cook 3-5 minutes first side – periodically check bottom making sure browned. Then flip.
7. Cook 2-3 more minutes. Make sure cooked all the way through.
8. *Can also try adding 1/2 cup blueberries to batter or vegan chocolate chips if feeling sassy.*

Serving Ideas: Enjoy with fresh strawberries, blueberries (fruit of preference) / Pure Maple Syrup / Coconut Whipped Cream

***Try and use all organic ingredients if possible.**