



Gluten Free Pancakes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons agave nectar
- 1 teaspoon double-acting baking powder
- 1 cup almond flour
- 2 large eggs
- 0.3 cup milk
- 1 pinch salt
- 0.8 cup tapioca flour
- 0.5 teaspoon vanilla

- 1.5 cups water
- 0.3 teaspoon vinegar white
- 1 teaspoon xanthan gum

Equipment

- bowl
- frying pan
- whisk
- spatula
- ice cream scoop

Directions

- Start by making the buttermilk.
- Mix together the almond milk and vinegar, set aside. In a large bowl, whisk together all of the dry ingredients: almond flour, tapioca flour, xanthan gum, salt, and baking powder. In a medium-sized bowl, whisk together all of the wet ingredients: agave nectar, eggs, milk mixture, water, and vanilla.
- Whisk the wet ingredients into the dry, mixing well.
- Add warm water one tablespoon at a time if the batter needs to be thinned out more.
- Heat a skillet or griddle over medium heat. Lightly grease the skillet and, using an ice cream scoop, pour in the batter. Then, spread it out with the back of a spoon. Cook for 1 minute, or until the bottom of the pancake is firm. Flip it over, squish it down with a spatula, and cook an additional 1-2 minutes or until done. Set aside on a plate and repeat with the remaining batter. Makes 10-12 pancakes.
- Serve with Earth Balance butter and syrup or fruit. Delicious!

Nutrition Facts



PROTEIN 11.61% **FAT 45.65%** **CARBS 42.74%**

Properties

Glycemic Index:16.25, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:1.6295652173913%

Taste

Sweetness: 71.3%, Saltiness: 82.08%, Sourness: 25.12%, Bitterness: 49.06%, Savoriness: 36.92%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 105.03kcal (5.25%), Fat: 5.59g (8.6%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 10.59g (3.85%), Sugar: 3g (3.34%), Cholesterol: 31.61mg (10.54%), Sodium: 61.18mg (2.66%), Protein: 3.2g (6.4%), Calcium: 51.05mg (5.11%), Fiber: 1.19g (4.76%), Selenium: 2.72µg (3.88%), Iron: 0.63mg (3.49%), Phosphorus: 30.63mg (3.06%), Vitamin B2: 0.05mg (3%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.03mg (1.28%), Folate: 4.97µg (1.24%), Vitamin A: 53.24IU (1.06%)