

# Gluten Free Pancakes

These light, gluten free pancakes make a great dessert or breakfast treat.

## Ingredients

100ml milk  
2 free range eggs  
2 tbsp ground almonds  
4 tbsp brown rice or buckwheat flour  
½ tsp bicarbonate of soda  
Coconut oil for frying.

## Method

- \*Whisk together the eggs and milk,
- \*Add the rest of the ingredients and mix well. Set aside for 15-20 mins.
- \*In a small, non stick frying pan heat up ¼ tsp coconut oil.
- \*Once the pan is hot, pour in some of the batter (depending on the size of the pancake you want ) and cook for a few minutes until that side is browned then flip over cooking the other side.



## Recipe notes

The batter make 3-4 medium sized pancakes.  
It can be kept overnight in the fridge if you wish to make it the night before.  
Top with fruit or berries, yogurt, nuts, drizzle of honey.  
Nutritional info is for just the pancakes.



Serves : 2  
Prep: 20 mins  
Cook: 10 mins



Nutrition per serving:  
Cals: 220  
Protein: 10g  
Carbs:20g  
Fat: 11g  
Fibre: 2g