

Gluten Free Pancakes

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For those of us with gluten sensitivities, pancakes may be a long forgotten treat, but this gluten free alternative replaces all-purpose flour with rice flour, tapioca flour and potato starch. Grill to perfection, drizzle with maple syrup, and marvel at the rich and savory taste of these alternative and tasty pancakes.

Ingredients:

1 c. rice flour
3 Tbsp tapioca flour
1/3 c. potato starch
4 Tbsp dry buttermilk powder
1 tsp sugar
1 ½ tsp baking soda
½ tsp salt
½ tsp xanthan gum
2 eggs
3 Tbsp canola oil
2 c. water

Directions:

1. In a large bowl, sift together rice flour, tapioca flour, potato starch, buttermilk powder, sugar, baking soda, salt and xanthan gum.
2. In medium bowl combine eggs, water and oil and beat. Stir into flour mixture until smooth.
3. Heat a large, well oiled skillet or griddle over medium high heat. Spoon approximately ¼ cup batter onto skillet and cook until bubbles form on edges. Flip and continue cooking until golden brown. Serve hot topped with syrup or desired condiment.

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