

Gluten Free Flax Pancakes

Dry Ingredients

½ Cup White Rice Flour

½ Cup Brown Rice Flour

3 TBSP Tapioca Flour

2 TBSP Potato Starch

½ TSP Baking Soda

½ TSP Baking Powder

½ TSP Salt

2 TBSP Powdered Sugar

26 Grams Cold-Pressed Defatted Flaxseed Meal

Wet Ingredients

1 Cup + 3TBSP Buttermilk

2 TBSP Granulated Sugar

1 Egg

2 ½ TBSP Melted Butter

1 TBSP Canola oil

Mix dry ingredients with a whisk

Mix wet ingredients and granulated sugar with a whisk

Mix dry and wet ingredients together with a whisk

Add a bit of extra water or milk if the batter is too thick

Heat about 1 TBSP of canola oil in a frying pan at medium heat

Scoop ¼ cup of batter into pan, fry for ± 2 minutes until bubbles arise and edges of cake start to brown

Flip pancake and fry other side until golden brown

Scoop out of pan and enjoy with desired toppings -butter, syrup, and fruit

<https://www.youtube.com/watch?v=jjXHsocv298>