

Gluten-Free, Casein-Free Pancakes

INGREDIENTS:

- 1 cup gluten-free flour (use rice flour, almond flour, or a rice/quinoa blend)
- 1 tablespoon baking powder (ensure corn-free or use a mix of baking soda + cream of tartar)
- 1 tablespoon sugar (use coconut sugar or date syrup as alternatives)
- 1 cup almond milk or coconut milk (instead of soy milk)
- 1 egg (or a flax egg for egg-free option)
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. In a bowl, mix the gluten-free flour, baking powder, and sugar.
2. Add the almond or coconut milk, egg, and vanilla extract, and whisk until smooth.
3. Heat a non-stick pan and pour the batter to form pancakes. Cook each side until golden brown.
4. Serve with fresh fruit and a drizzle of date syrup if desired.