

Fluffy Pancakes (Gluten-free)

Time: 30 minutes

Servings: 10 pancakes

Level: Easy

Ingredients:

- o 1 cup milk
- o 1 tablespoon chia seeds, measured then ground
- o 1 ½ cups almond flour
- o ¼ cup cassava flour
- o ¼ cup tiger nut flour, sifted (don't skip this step!)
- o 2 teaspoons baking powder
- o ½ teaspoon salt
- o 2 eggs, beaten
- o 1 teaspoon vanilla extract
- o 1 tablespoon maple syrup
- o 2 tablespoons unsalted butter, melted and cooled
- o additional butter for cooking

Directions:

- 1) In a small bowl, place **milk** and **ground chia seeds**. Let the **chia seeds** bloom for about 5 to 10 minutes. The milk will become gelatinous.
- 2) In a mixing bowl whisk together **almond flour, cassava flour, tiger nut flour, baking powder, and salt**.
- 3) Whisk the **chia seeds** and **milk** together then add the **eggs, vanilla extract, maple syrup, and butter** to the bowl.
- 4) Slowly pour the wet ingredients into the bowl of dry ingredients and whisk gently.
- 5) Heat a non-stick skillet to medium and place a very small pat of **butter**.
- 6) Once the **butter** has melted, scoop out about ¼ to ½ cup of the batter and flatten.
- 7) Cook about 1-2 minutes. The batter will not bubble like other pancakes so watch carefully. Loosen the pancake with the spatula and flip. (You might need a second spatula to help glide the pancake on the first spatula in order to flip.)
- 8) Cook for another 1-2 minutes.

TIP:

Freezing pancakes: Line a rimmed baking sheet with parchment and place the pancakes on the it. Freeze overnight. Once frozen, place in a plastic storage bag.