



Gluten Free Pancakes

Serves: 1
Prep time: 5 minutes
Cooking time: 5 minutes

Ingredients:

Makes 2 Pancakes

- $\frac{3}{4}$ cup (gluten free) S.R. Flour
- 1 egg
- $\frac{1}{2}$ cup milk (use almond milk for dairy free)
- 1 tablespoon butter (or [Nuttelex](#) for dairy free)



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Method:

- Blend the flour egg and milk together until smooth. (add more or less milk depending on how thick you like your pancakes)
- Melt the butter in pancake pan
- Add the melted butter to the batter mixture and combine
- Heat pan to medium-high heat, add a little more butter if necessary
- Pour pancake into the heated pan and cook till bubble burst in centre
- Flip the pancake and cook till golden brown

Note:

- Serve Sweet with maple syrup, berries, banana and/or yoghurt
- Serve Savoury with lemon juice and caster sugar