

Eating Clean Recipes

Gluten-Free Pancakes

Pancakes are great, but after too many, they can leave you feeling bloated and disgusting! These are not those pancakes, so to be able to indulge in pancakes guilt-free, you need to learn how to make these. Learn how with this recipe.

Servings: 6

Nutritional Information Per Serving

Pancakes

	Calories	Fat	Carbs	Sugar	Protein	Sodium
Dave's Pancakes*	134.8 g	5.5 g	12.8 g	6.2 g	4.375 g	67.3 mg

*based on Honey & Coconut Oil options

VS

	Calories	Fat	Carbs	Sugar	Protein	Sodium
Regular Pancakes	260 g	7 g	45 g	8.3 g	4 g	552 mg

Fruit Compote

	Calories	Carbs	Sugar
Fruit Compote	16 g	4.2 g	3.71 g

Ingredients:

¼ cup arrowroot flour

¼ cup coconut flour

2 tbsps almond flour

2 tbsps flax meal – golden looks best

1/8 tsp baking soda

1/4 tsp baking powder

Small pinch of salt

1 tsp cinnamon, nutmeg or allspice

1/2 cup almond milk

2 eggs + 1 egg white

1 tsp apple cider vinegar

1 tbsps honey

1 tbsps melted coconut or walnut oil

1 tsp vanilla

Fruit Compote

1/4 cup blackberries

1/4 cup blueberries

1 tbsp honey

Instructions:

Mix dry ingredients into a bowl

Mix wet ingredients into a bowl

Mix dry into wet and stir until all lumps are gone (batter should look just like pancake batter)

Pour onto griddle in 6 even portions

Cook until golden brown and flip, cook again until golden brown on both sides

*use a non-stick pan and do NOT use a grease pan

Fruit Compote

Mash berries until broken up and juicy

Add honey and stir together