



Gluten Free / Dairy Free Blueberry and Apple Pancakes

Ingredients:

½ cup Brown Rice flour

½ cup Buckwheat flour

½ cup Quinoa flour

4 teaspoons gluten free baking powder

¼ cup LSAS (Linseeds, Sunflower seeds, Almonds, Sesame Seeds ground)

1 tablespoon Chia Seeds

1 teaspoon vanilla essence

1 teaspoon Cinnamon

1 grated green apple

1 cup blueberries

3 eggs

2 cups Almond or Rice Milk

Method:

Sift all of the different flours together along with baking powder and mix thoroughly, ensuring baking powder is distributed evenly.

Add the LSAS, Chia Seeds and Cinnamon

Crack the eggs into a separate bowl with vanilla essence and beat together. Pour into the flour, add the milk and mix together to form a batter.

Gently mix in the grated apple and blueberries

Pour into a pre heated non stick frypan and make small pancakes, when the pancake bubbles, lift slightly to check the other side has browned and then flip over until they're cooked through.

If you're like me and you like to cook in bulk you're able to freeze the leftovers in packs of 6 to use as a quick, easy breakfast for the kids.