



MY WELLNESS JOURNEY

## **FLUFFY & DELICIOUS GLUTEN-FREE, DAIRY-FREE PANCAKES**

These pancakes are amazing! No one will ever suspect they are gluten and dairy free. They turn out fluffy, moist and delicious, and are so simple to make that even kids can whip them up.

### **INGREDIENTS:**

2 cups	gluten-free flour
2 tsp	baking powder
1 tsp	baking soda
½ tsp	salt
3 tbl	coconut sugar
2	eggs (lightly beaten)
3½ cups	unsweetened coconut milk*
4 tbl	coconut oil (melted)
1 cup	fresh blueberries (can substitute dairy-free mini chocolate chips sprinkled on top of pancakes while cooking or just make plain)

### **DIRECTIONS:**

Heat griddle to 350 degrees. Combine dry ingredients in a medium-sized mixing bowl. Add eggs, coconut milk and coconut oil. Stir to combine. Spoon onto griddle to form 3-4" sized circles and drop on blueberries or chocolate chips (if desired). Let pancakes cook until bubbles form on top of batter. Flip and cook until done throughout. Serve warm with organic maple syrup.

\*Note- Amount of coconut milk required may vary from 3 to 3½ cups depending on brand of gluten-free flour used. Start with 3 cups then add additional ½ cup slowly until desired consistency achieved.