



Basic Recipe for Gluten Free Pancakes

1 Box Gluten Free Bisquick, Gluten Free Pantry Muffin & Scone Mix or flours of your choice

Egg Replacer = 2 eggs

1 teaspoon lemon juice (or) orange juice

$\frac{3}{4}$ teaspoon vanilla

$\frac{1}{2}$ tablespoon sugar or raw honey

$\frac{1}{2}$ tablespoon brown sugar

$\frac{1}{4}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon allspice

1 teaspoon gluten-free baking powder (such as Hain's)

2 tablespoons melted butter (optional) or [oil](#) of your choice

4 Oz. unsweetened applesauce

Milk of your choice or water

**Optional-* [Enjoy Life Chocolate Chips](#), seeds, fruits or Enjoy Life Foods Seed & Fruit Mix for an allergy-friendly granola pancake and 1 tablespoon [SunButter](#) of your choice.

Preheat a griddle to 300°. In a medium bowl, combine the gluten-free mix, the egg substitute and the rest of the ingredients except for the liquid. Mix well. Starting with $\frac{1}{2}$ cup of liquid, add liquid of your choice, adding enough until desired consistency appears (more liquid will be a thinner pancake). Add chocolate chips or even some fruit (optional). Pour spoonfuls onto the griddle. Since you are using gluten-free flours, the pancake may not bubble to let you know that it's time to flip it. Just keep an eye on it, and flip it when it starts to brown. Serve hot or warm topped with omega oil mixture and topping.

These pancakes can be refrigerated and reheated for up to four days and also frozen, thawed and reheated.