

+ APPLE PANCAKES +

2 cups almond milk
½ teaspoon salt
1 to 3 eggs
2 cups GF Flour Mix or buckwheat
2 teaspoons baking powder
2 Apples



Finely chop the apples. **DO NOT USE APPLESAUCE!!** In a large bowl, place almond milk, eggs, baking powder, and salt; mix well. Add flour and/or grain, beating only until large lumps disappear. Batter may be made the night before; store in covered container in refrigerator.

Cook on lightly greased skillet or griddle over medium-high heat (375°). Turn when small bubbles appear. Remove when pancakes stop steaming.

Yield: 16 (4-inch) pancakes.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Breakfast.html>