

# Free from Pancakes

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Turn over for the recipe...



How difficult is it?



liked by 



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These pancakes are so versatile, they will happily freeze and reheat in the toaster or microwave – ideal if you have children and you want to supply schools or nurseries with a little pancake goodie bag – the only problem you may have will be the request to make enough for the whole class!

## Ingredients

- 1 tbsp ground flax seed or you can use 1 egg
- 3 tbsp water (leave this out if you are using an egg)
- 150 ml dairy-free milk, rice milk gives a similar result
- 170 g gluten-free self raising flour
- 1 tbsp coconut oil

## Method

1. Mix the ground flax seed with the water and leave for 5 minutes. If you are using an egg instead of the flaxseed, lightly beat it in a bowl.
2. Add the milk to the flax egg mixture/normal egg and whisk lightly. Tip in the flour and whisk until fully incorporated.
3. Heat a heavy-based pan, ideally with a lid. Heat half the oil, and spread around the pan so that it covers the base evenly.
4. Spoon in heaped tablespoons of mixture to make individual pancakes. My large pan will fit in 5 or 6 at a time, but you may have to do more batches if your pan is smaller. Cover with a lid or foil, and leave for 3 minutes, until the tops of the pancakes are set and puffed up.
5. Turn over and cook for a further minute on the other side. Serve with topping of your choice. Repeat until all the mixture is used up.