

Thick and Fluffy Pancakes

By CinnamonQuill.com

Inspired by this recipe from (<http://www.celiacteen.com/2010/gluten-free-juice-pancakes/>) CeliacTeen

Adapted from <http://recipes.epicurean.com/recipe/5781/ihop-pancakes.html>

1 1/4 cup non-dairy milk

1 teaspoon vinegar

1 egg OR 1/4 cup unsweetened applesauce

1/4 cup canola or safflower oil

1-2 teaspoons vanilla or maple extract

Oil for pan

1/2 cup brown rice flour

1/2 cup millet flour

3/4 cup tapioca flour

1/4 cup sugar (I used brown sugar)

3/4 teaspoon guar or xanthan gum

1 teaspoon baking powder

3/4 scant teaspoon baking soda

Tiny pinch salt

Preheat skillet or griddle; brush with a very light layer of oil or cooking spray.

In medium mixing bowl, stir together wet ingredients. Whisk in dry ingredients, making sure there are no big lumps of flour. Let batter stand 3-5 minutes.

Using a ladle or ice cream scoop, pour batter by the scant 1/4 cup onto the hot pan. Cook until edges look set and there are little bubbles on the surface of the cake. Flip and cook 30-60 seconds more, until bottom is golden.

Halfway through, you may need to refresh the oil on the pan, depending what kind of pan you are using.

Because they are thick, these pancakes may take a bit longer to cook, be patient, and do a test pancake to determine exact cooking time.

Makes about 18-20 5" pancakes.