



FLUFFY GLUTEN AND DAIRY FREE PANCAKES (COPY)

These fluffy gluten and dairy free pancakes make a satisfying breakfast or sweet treat any time of the day. N.B. toppings not included in nutritional information.

 10 minutes

 15 minutes

 4 pancakes

INGREDIENTS

- 30 grams of gluten free plain flour
- 1 dose of whey protein
- 1 unit of egg or 1/2 tablespoon gluten free baking powder

COOKING METHOD

- 1° In a medium bowl, mix all ingredients together.
- 2° Pour onto a nonstick pan or griddle over medium heat.
- 3° When the top begins to bubble, flip the pancake and cook until golden.
- 4° Serve warm with fruit and maple syrup (not included in nutritional information)

NUTRITIONAL INFORMATION

	PER 100 g	PER 2 PANCAKES (78 g)	% DRI
ENERGY	307 kcal	238 kcal	12 %
FAT	4 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	75 mg	58 mg	19 %
SODIUM	260 mg	202 mg	8 %
CARBOHYDRATE	36 g	28 g	9 %
SUGARS	0 g	0 g	—
FIBER	2 g	2 g	7 %
PROTEIN	31 g	24 g	—