

Gluten-Free Pancakes with Blueberry Sauce



Makes:

4 pancakes, 1 per serving

Utensil:

Saladmaster Food Processor

11" Square Griddle

medium mixing bowl

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Contributed By:

Jael Tanti

Authorized Saladmaster® Dealer

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Recipe Description:

Top these delicious pancakes with the [Blueberry Sauce](#).

1¹/₂

cups

all-purpose, gluten-free, wheat-free baking mix

(188

g)

1

egg, beaten (see tips for vegan alternative)

¹/₂

cup

water

(120

mL)

1

banana, grated, use Cone #1

¹?₂

potato, grated, use Cone #1

Directions:

1. Place all ingredients into a bowl and mix until blended, adjusting the liquid if necessary.
2. Preheat griddle over medium heat. When several drops of water sprinkled on griddle skitter and dissipate, approximately 5 minutes, drop batter onto griddle using a measuring cup (about ¹?₄ of the mixture per pancake).
3. When the pancakes become dried around the edges, approximately 5 minutes, flip to the other side and cook for an additional 5 minutes.
4. Serve with Blueberry Sauce.

Tips:

- For a vegan alternative, replace the egg with 1 teaspoon (5 mL) aluminum-free baking powder.

Nutritional Information per Serving

Calories:

275

Total Fat:

2g

Saturated Fat:

0g

Cholesterol:

53mg

Sodium:

545mg

Total Carbs:

59g

Dietary Fiber:

1g

Sugar:

4g

Protein:

5g