



SOURDOUGH PANCAKES

It tastes like the classic Bisquick pancake but without the gluten and with a sourdough twist, making these more nutritious and digestible!

Enjoy experimenting subbing 1/2 cup of different flours and their taste. For example, Teff can add a rich earthy flavor. Millet is a creamy yellow corn tasting flour. 1 cup BRF and 1 cup almond flour can be used instead of four different flours.

Experimenting with flours will require different hydration needs, so add milk slowly and go by consistency, look for a V dropping from the spatula.

INGREDIENTS

Dry Ingredients

- 1/2 cup brown rice flour
- 1/2 cup sorghum or oat flour
- 1/2 cup cassava flour
- 1/2 cup almond flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Wet Ingredients

- 1/2 cup sourdough starter
- 1 egg
- 1-2 cups milk (add slowly until desired consistency!)
- 1-2 tablespoons honey
- 1 teaspoon Vanilla Extract

NOTES



METHODS

01

Whisk together dry ingredients. Add wet ingredients and mix well. Cook immediately or store in a mason jar and use throughout the week.

02

Whisk together flours and then add starter, honey, and 1 cup milk. Let ferment in a bowl on the counter overnight. In the morning, add one egg, milk if necessary, vanilla, baking soda, and salt.

INSTRUCTIONS

1. Choose a preparation method.
2. Preheat a skillet or griddle over medium heat.
3. Add chosen oil. I prefer butter with olive oil or avocado oil.
4. Cook until edges look tacky and flip.
5. Cook second side until springy.

Batter should be slightly thicker, forming a V as it comes smoothly off the stirring utensil. Too thin? Add some almond flour. Too thick? Add a bit of milk.