



Pancakes on the Go!

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : 8

PREPARATION: 10 MINUTES

INGREDIENTS

- 140 g (1 cup) all-purpose flour "*La Merveilleuse*"
- 0.5 ml (1/8 tsp) salt
- 3 large eggs
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) light olive oil
- 435 g (1 3/4 cups) plant-based milk substitute
- 5 ml (1 tsp) vanilla extract

PREPARATION

1. In a bowl, combine flour and salt. Make a well in the centre and add eggs, maple syrup, oil, plant-based milk substitute and vanilla.
2. Beat with an electric mixer to obtain a smooth and even texture.
3. In a preheated skillet brushed with oil, pour about 65 ml (1/4 cup) of batter into the center of the pan and tilt in a circular fashion for a nice thin, round pancake. The pancake will be ready to turn when the sides rise and it is golden underneath.
4. Finish cooking and enjoy, topped with your choice of delicious fresh fruit!



These are the pancakes that I make for my children for breakfast during vacation. Topped with a variety of fresh fruits picked up at the market (mangoes, pineapples, oranges, bananas, papayas or grapefruit), each bite explodes with flavor!

TIP

* The success of a good pancake lies in its cooking (for my part, I like to use a cast iron crepe pan). Heat your pan over medium heat, brushing with oil. Afterwards, keep your skillet over medium-low heat and always brush with oil between cooking. To find out if the temperature is hot enough to cook your pancakes, pour a little batter. If it instantly sizzles, it's time to cook them!