

Sue's Pancakes and Waffles

3/4 cup	brown rice flour
1/4 cup	oat flour (ensure its gluten free)
1/3 cup	tapioca starch
1/4 cup	powdered buttermilk
1 tbsp	sugar
2 tsp	baking powder
1 tsp	baking soda
1/2 tsp	guar gum
pinch	salt
2	eggs
3/4 cup	water
2 tbsp	oil
1/4 cup	ground almonds (for pancakes only)

To make the mix in bulk, double or triple recipe and ensure you have properly mixed all the ingredients as some will clump if not mixed well. To make pancakes or waffles, measure 1 ³/₄ cup of bulk mix and use as per instructions below.

Pancakes (makes approximately 16, 4" pancakes)

Mix dry ingredients together in a medium mixing bowl or large measuring cup. Add 1/4 cup ground almonds if desired. Using a measuring cup makes it easier to pour out the batter.

Add eggs, water and oil to dry ingredients and blend well with whisk or handheld mixer.

Ensure the griddle or pan is hot, spray or coat with oil and pour approximately 1/4 cup of batter. Let cook until bubbles burst and do not fill in, flip and cook until the second side is a similar colour.

Waffles (makes 8 – 10 depending on size)

Mix dry ingredients together in a medium mixing bowl.

Separate eggs, adding yolks to dry ingredients while reserving whites in small bowl. Beat egg whites until full and glossy (soft peak).

Add water and oil to dry ingredients and blend well with whisk or handheld mixer. Add whipped egg whites and fold in by hand with a spatula.

Measure about 1/3 cup of batter onto hot waffle iron following manufacturer's instructions. Waffles normally cook for 3 ½ to 5 minutes, following manufacturer's instructions.

Both waffles and pancakes can be prepared, cooled on a rack, wrapped and frozen. Re-heat pancakes in a microwave. To re-heat waffles, first thaw and warm in a microwave, then transfer to a toaster to crisp up. Make sure it's a toaster dedicated for gluten free.