

PANCAKES



I've been embarking on an experimental journey. I do not have celiac disease, nor have I been prescribed to cut out the gluten by my doctor. I have a skin condition that has shown significant improvement when gluten is eliminated. (Besides, I found out I just can't commit to Paleo. I missed rice and beans too much, and the bread I bought. Dude.. *{double gag}* I respect people who can, I'm just not one of them. Rock on paleolithic friends!)

Being that I've lived with this seriously maddening + irritating skin "thingy", I decided to give it a try. What did I have to lose? Five weeks into it, there are some good signs of improvement. So I'm going six months to see if that improves. If it does, kids, this might be a permanent thing for me. We shall see! But enough about all that...

Blah, blah, blah. Get to the pancakes already.

Ok, ok. So I've been experimenting with all kinds of bread-like things. Um, let's just say it's not always been a delicious journey. *{gag}* There have been, uh, interesting smells, textures, and empty promises. Crumbling baked goods, and downright inedible ones that looked so pretty in the bakery. *{gag again}*

I still want the good stuff.

I'm cutting out the gluten, but I still *insist* on good ingredients that aren't worse for me (or my family, or you, dear reader) than the gluten itself. Rice powders and cornstarch are great, but not in huge quantities (helloooo blood sugar spike!) I went to the store, bought several cookbooks, and still came up with making my own flour. I brought all my baggies home, and mixed it all up.

Come on, really? I was not happy, and I had a feeling you all wouldn't be too into coming home with 5 different flours either. There had to be a better way. Had.to.

I was all covered in cornstarch when I picked up a loaf of [Manini's](#) bread at my local awesome-sauce market. So.worth.it. SO. WORTH. IT. It had me at golden, moist and slightly crunchy when toasted. Seriously, I think I might like it better than the wheat bread we were eating before (apparently, so do a lot of other people, as they've been [nominated as one of the best gluten-free products!](#)) Yes, it was that good, but that little voice in my

head was nagging about me making it at home. I looked over my shoulder at the crazy flour mixes I made, and sighed.

Then I discovered Manini's sells flours. Why do I like this product? Because it has ancient grains, AKA, nutrition that I was stuck on from my whole wheat flour. [You can read about the "ancient grains" they use in their mixes here.](#) Ok, and honestly I just don't wanna friggin' mix my own flour. DON'T. And the taste? Well...

Gluten-Free Pancakes

Tonight... tonight... I made "breakfast for dinner" (or what I lovingly call "Brinner".) This usually involves pancakes, as was the case tonight. I wanted to try out my own pancake recipe, but put a gluten-free twist on it. What if I just swapped out one ingredient: the flour? This terrified me up until today (if you've ever done any gluten-free baking, you'll get my drift on this), but I think I was feeling all confident from making gluten-free popovers last night. They were amazing. Seriously.

Back to tonight's Brinner... Now, my husband usually goes along with the pancake thing, but he's not that into it. Tonight, though? The man INHALED them (he ate four), and glanced at the kitchen, asking if I could make more. Yes, sweetie. Another night. These pancakes are slow food, kids.

So, are they good? You just might like them more than my other pancakes. You might like them just the same. Either way, you're only swapping out one ingredient, so you already know how to make them. And if you have guests over that are gluten-free, well, you're covered. (Seriously, if you don't tell anyone these have no wheat flour, no one will know. Shhhh...)

Ladies and gentlemen, ready your maple syrup, and set the table. It's going to be a delicious night.

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Recipe type: Breakfast

Serves: 2-4

Ingredients |

- 4 eggs, separated
- 1¼ cup buttermilk
- 1 teaspoon honey or sugar
- 2 tablespoons oil or melted butter
- 1¼ cup Manini's Multi-Purpose Flour
- 1 tablespoon baking powder
- ½ teaspoon kosher salt

Directions |

1. Beat egg whites until soft peaks form, and set aside.
2. In another bowl, beat egg yolks, buttermilk, honey, and oil together.
3. Stir in flour, baking powder and salt, mixing just to moisten ingredients.
4. Carefully fold in beaten egg whites.
5. Cook on hot greased griddle until golden brown on both sides.