

## Dr. Jenn's Fabulous Pancake/waffle Recipe

(You can cut the recipe in half for smaller batches, or do the whole thing and freeze or refrigerate the rest for later! Refrigerated pancakes or waffles do great in the toaster for the next week!)

What you will need:

- ½ cup brown rice flour
- ¼ cup tiger nut flour
- ½ cup potato starch
- ½ cup garfava flour or banana flour
- ½ cup almond flour (or any heavily ground up nut in food processor)
- 2 scoops powdered flax seed
- 2 tbs palm sugar (or to make PALEO use sugar free monk fruit extract or 1 tbs honey)
- 2 tbs gluten aluminum free baking powder
- ½ tsp Himalayan salt
- ½ tsp xanthan gum
- 2 cups milk alternative- coconut, almond, macadamia, hemp, ect.
- 2 tbs lemon juice
- 4 large eggs separated, with whites whipped to peaks
- 4 tbs macadamia nut oil or avocado oil
- ¾ mashed bananas
- 1 ½ cups frozen or fresh blueberries (use ¾ cup of frozen wild blueberries if making waffles)
- FOR THE KIDS – Skip the blueberries and use ¼ cup sugar free cocoa powder and 1 cup Lilly's sugar free dairy free dark chocolate chips (at sprouts) if making waffles use less chocolate chips as the tend to make the waffles stick.

What to do:

- Mix the dry ingredients together in a bowl.
- Stir in wet ingredients except the egg whites, (bananas will look lumpy), then fold in the whipped egg whites.
- Cook pancakes over medium heat till bubbles start to form on top then flip and let sit about half as long.
- Waffles cook as per your waffle maker and keep warm in stove on wire rack.

### HOMEMADE SYRUP IDEAS!

What you will need:

- Frozen berries (your choice)
- Maple syrup or Agave Syrup

What to do

- Simmer on the stove top until berries fall apart! You will love it!