

Gluten Free Chocolate Pancakes

3/4 cup King Arthur gluten-free all-purpose flour

1/4 cup coconut flour or almond flour

1 Tablespoon ground flaxseed (flax meal)

2 teaspoons baking powder

1-1 1/2 Tablespoons unsweetened cocoa powder

1/8 teaspoon salt

2 tablespoons maple syrup (or stevia, Xyla or honey)

1 1/2 teaspoon vanilla

1 cup of coconut milk

1 egg (beat whites until frothy then add and beat yolk)

Grease a griddle or pan with coconut oil on medium heat. In a medium mixing bowl, sift together the flours, flax meal, baking powder, cocoa and salt. In a separate bowl, combine the sweetener, vanilla, egg and milk. Slowly mix half of the liquid into the dry ingredients, stirring continuously, and the rest 1/4 cup at a time to avoid a runny batter. Mix until you get the lumps out of the batter. On your griddle or pan, pour the pancake batter using about 1/4 cup of the batter for each one. Cook for 1 to 2 minutes, until they start to bubble around the edges and flip. Cook for another 1 to 2 minutes. Remove from the griddle and serve. (optional : walnuts, chocolate chips or coconut flakes can be added)