

Gluten-free Multigrain High Protein Pancakes

Shared by bestselling author, genealogist, and screenwriter: [Angela Breidenbach](#)

FOR THE BASIC PANCAKE MIX: Use 1 cup for a variety of pancake recipes. See the next page for some great options.

- 1 cup gluten-free flour
 - 1 cup gluten-free oat flour
 - 1 cup gluten-free buckwheat flour
 - 3/4 cup potato starch (note: 16 MG potassium)
 - 1/4 cup almond meal
 - 2 Tablespoons psyllium husk powder
 - 1 Tablespoon baking powder
 - 1 teaspoon baking soda
 - 1 teaspoon salt
- Mix gently with a whisk. Store in air-tight container.

Mix nutrients: Will make about 4 batches of 6 large pancakes or 12 small.

Calories: 2229 / per batch 557 — if 2 pancakes per serving: 185.66

Carbs g: 399/ per batch 99.75 — if 2 pancakes per serving: 33.25

Fiber g: 46 / per batch 11.5 — if 2 pancakes per serving: 3.83

Protein g: 50 / per batch 12.5 — if 2 pancakes per serving: 4.16

Fat g: 27 / per batch 6.75 — if 2 pancakes per serving: 2.25

Nutrition is only for the base bulk recipe.

Tips:

1. Link to nutrition info for various gluten-free flours:

<https://ggiswheatfree.wordpress.com/2012/06/13/so-many-flours-so-little-cupboard-space-how-gluten-free-flours-compare-for-carbs-and-protein-content/>

2. The sugar is what helps brown the pancake when it bakes. A little something is needed or the pancakes will be colorless and lack flavor. Choose sweetener based on the individual recipe.
3. For individual recipes, I use 1 Tablespoon powdered buttermilk and water to the consistency that I prefer. Start at ¾ cup water and keep adding as needed for a full recipe of 6 large pancakes.
4. Do not use a flavored yogurt. Flavored yogurts make pancakes rubbery and too sweet.
5. If you use less potato starch, our pancakes will lose their fluffy feel. This helps them to be more cake-like and satisfying.)
6. Psyllium husk powder should be a staple in your gluten-free kitchen. It helps breads and cakes be more bread-like and cake-like in texture.
7. Rather than refrigerate left over batter, bake all pancakes. Wrap once cooled, store in freezer. Warm in the microwave for a fast breakfast.

FOR BASIC PANCAKES: (MAKES 6 PANCAKES, 3 servings)

1 cup dry mix from above bulk recipe.

¼ cup plain Greek yogurt, your choice level of fat content from fat-free to full.

¾ cup milk of your choice, but best flavor will be buttermilk. Add more for thinner pancakes.

1 egg

2 tsp. sugar

1 tablespoon healthy oil of your choice. I use grapeseed oil.

1 teaspoon vanilla (Or other flavor such as almond extract, yummy!)

*Nutrition to add to basic bulk recipe will vary based on fat content of yogurt and milk choices.

If using non-fat buttermilk and 2% plain Greek yogurt add:

Calories: 214/per 2-pancake serving: 71.33

Carbs: 13g/ per 2-pancake serving: 4.33g

Protein: 18g / per 2-pancake serving: 6g

Fat: 6/ per 2-pancake serving: 2g

Alternate flavors:

Gluten-free Gingerbread Pancakes

Use basic recipe (having omitted white sugar)

Add 1 tsp. powdered ginger, or more to taste

¼ tsp. nutmeg

¼ tsp. cloves

1 T. dark molasses (replaces the white sugar)

*Add more spices to your liking.

Lemon Poppyseed Pancakes

Add 2 tsp. poppyseeds, more to preference

1 Tablespoon grated lemon rind

1 tsp. lemon extract

Top with a thin layer of lemon curd for more lemony flavor

Dot with whipped cream

Orange Pancakes

Replace milk ¾ cup milk with orange juice

1 tsp. orange zest

½ tsp. cinnamon

Top with warmed orange marmalade for a layered flavor

Sprinkle with powdered sugar for fun