



Serves	4-6
Prep (min)	5
Cook (min)	10-15

## FLIPPING MARVELLOUS PANCAKES!

Little kids (and big kids) can flip away to their hearts content with this allergy friendly recipe.

### PLEASE ALWAYS CHECK EVERY LABEL

Product ingredients and manufacturing processes change frequently. Always check the label when buying pre-packaged foods.

### Ingredients

- 170g Doves Farm gluten-free plain white flour
- 1 tsp baking powder (GF)
- 350ml rice milk
- 2 tbsp sunflower oil (plus, little extra for frying)
- 2 tsp vanilla extract (NF, GF)

### Free from

- Dairy (DF)
- Egg (EF)
- Gluten (GF)
- Nuts (NF)
- Peanut (PF)
- Soya (SF)
- Sesame (SeF)
- Shellfish (ShF)
- Fish (FF)

### Method

1. In a large bowl sift the flour and baking powder together. Then add your rice milk, sunflower oil, vanilla extract and whisk together to make a smooth batter.
2. Add a little oil to a non-stick frying pan and heat over a medium heat, until it starts to smoke a little. (You may find no more oil is needed after this to cook the rest of your pancakes).
3. Then pour some of your pancake batter into the pan and move it around quickly to evenly cover the bottom of your pan (just remember the thicker the pancake, the longer it'll take to cook).
4. When you start to see bubbles forming on the top of your pancake, flip it over to cook to cook on the other side until golden (each pancake takes between 1-2 minutes on each side). Once cooked remove the pancake from the pan and repeat the process to cook the rest! Serve with a topping of your choice.

### IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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