

Freedom Pancakes

These pancakes are sodium aluminum sulfate-free, and gluten-free. The Hain Pure Foods Featherweight Baking Powder contains monocalcium phosphate, potato starch, potassium bicarbonate.

Ingredients

1 cup all-purpose flour
1-1/2 tablespoons light brown sugar
1 tbsp Hain baking powder substitute
1/4 teaspoon salt
3/4 cup rice milk, regular or unsweetened
2 tbsp cooking oil
Margarine or butter
2 egg whites

Directions

1. In a medium bowl, combine flour, brown sugar, Hain baking powder substitute, and salt
2. In medium bowl or mixer add milk, cooking oil
3. and egg, mix until blended
4. Stir into flour mixture just until moistened
5. If the mixture is too thick add a little more rice milk
6. For each pancake, pour 1/4 cup mixture onto preheated 350°F to 365°F nonstick-coated electric skillet
7. Add some butter, margarine, cooking spray
8. Turn when bubbles form on the surface
9. Cook until lightly browned

Makes 6 pancakes

Farewell sodium aluminum sulfate-free.