

Arrowroot Pancakes

Ingredients

1 ¼ cup all-purpose flour
1 – 1-1/2 tbsps light brown sugar
2-1/4 tps arrowroot baking powder substitute
1/4 tsp salt
3/4 cup rice milk, original or unsweetened
2 tbsps cooking oil,
Margarine or butter
2 egg whites

Directions

1. In a medium bowl combine the flour, brown sugar, arrowroot baking powder, and salt
2. In medium bowl or mixer add milk, egg cooking oil to and mix until well blended
3. Stir into flour mixture just until moistened or remove lumps
4. If the mixture is too thick add a little more rice milk
5. Add a cooking spray, butter, or margarine
6. For each pancake, pour ¼ cup of the mixture onto preheated 350°F to 365°F nonstick-coated electric skillet
7. Turn over when bubbles form on the surface golden browned

Makes 6 pancakes

Arrowroot Baking Powder

Ingredients:

1/4 tsp Baking Soda
1/2 tsp Cream of Tartar
1/4 tsp Cornstarch (or Arrowroot Powder)

Directions:

Mix the three ingredients together to make one teaspoon.