

# *Wholemeal wheat free pancakes*



Serves 2, 360 cals per serve

- ½ cup of wholemeal spelt flour
- ½ cup of wholemeal rice flour
- ¼ teaspoon of xanthan gum
- ¼ teaspoon of cinnamon powder
- ½ teaspoon of baking powder (omit for crepes)
- Pinch of salt
- 1 cup of milk
- 1 egg
- 1 teaspoon of melted butter
- ½ teaspoon of vanilla

Mix all dry ingredients

Mix wet ingredients together then add to the dry ingredients

Cook on a lightly greased frying pan.

Serve with lemon, honey, rice malt, maple syrup or any other topping.