

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## ELI'S GLUTEN FREE PANCAKES

### Instructions:

- 3/4 Cup GF flour blend (Bob's Red Mill is awesome)
- 3/4 Cup oat flour
- 1 tsp salt
- 3 TBLS sugar(Xyla,agave,coconut palm sugar, 1 dropper of vanilla creme or plain stevia liquid)
- 1/2 tsp xanthan gum
- 2 ½ tsp baking powder

Whisk all together.

### Add:

- 3 eggs
- 1 Cup coconut milk (other 'milks' work as well)
- 3 TBLS grape seed oil (or coconut oil or melted butter)
- Vanilla extract to taste

Whisk all. Adjust consistency to your preference with additional coconut milk or water. Cook on oiled griddle on med heat.

### Additions:

- 1/3 Cup sour cream
- Blueberries
- Bananas

For Belgium Waffle Batter

Add 2 whipped egg whites folded into 2 ladles of batter and an extra TBLS of oil