



# Healthy Recipes for Healthy Living

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Dr. Reina Persaud, ND

## Pancakes (Gluten Free)



- 1 cup Rice or Millet Flour
- 1/2 cup Soy Flour
- 1/2 cup Corn Meal
- 1 tablespoon Non-alum baking powder
- 1/4 teaspoon Sea salt (optional)
- 1 Egg — beaten
- 1 1/2 cups Water
- 2 tablespoon Unrefined Vegetable Oil

Combine all dry ingredients. Stir together all liquids; add to dry ingredients. Bake on pre-heated griddle (350° F. to 375° F.). Turn only once.