



Ingredients

- 1 $\frac{3}{4}$ cups (425 mL) brown rice flour
- $\frac{1}{4}$ cup (50 mL) tapioca or arrowroot starch
- 1-2 Tbsp (15-30 mL) liquid honey
- 2 cups (500 mL) almond, hemp, or brown rice milk
- 3 Tbsp (45 mL) avocado oil or melted butter

Fruit Filling (Optional)

- 1 banana, sliced, or
- $\frac{1}{2}$ cup (125 mL) berries (raspberries, strawberries, blueberries)
- 1 apple, chopped

Instructions

1. In a bowl, combine all pancake ingredients.
2. Stir in optional fruit filling as desired.
3. Spoon a dollop into heated (medium-heat) frying pan greased lightly with coconut oil or butter.
4. When ready to flip, bubbles will begin to form on top.
5. This basic mixture can also be used as waffle mix.

Serves 2-3.