



Fluffy Pancakes

Makes twelve 5-inch pancakes

Ingredients

Butter or oil, for greasing

1 cup GF all purpose white gold flour

1 teaspoon chia seeds

1 $\frac{3}{4}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon baking soda

3 tablespoons sugar

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup buttermilk

3 tablespoons melted coconut oil or canola oil

2 large eggs

$\frac{1}{2}$ teaspoon vanilla extract

Maple syrup, for serving

Butter, for serving

Fresh fruit, for serving

Preparation

1. In a large bowl, whisk together the flour, flax seeds, baking powder, baking soda, sugar and salt.
2. In a separate bowl, whisk together the buttermilk, butter, eggs and vanilla extract. Pour the buttermilk mixture into the flour mixture and mix just until combined.

3. Lightly grease a frying pan or griddle and then heat it over medium-high heat. Spoon $\frac{1}{3}$ cup of batter onto the griddle for each pancake and cook until bubbles appear on the top. Flip over the pancake and cook until deep golden. Serve with maple syrup and fresh fruit.