

## Gluten-free Lemon-Blueberry Sourdough Pancakes

*If you don't tell, no one will know these pancakes are both gluten-free and dairy-free. They also have no added starches or gums, like many of the prepared pancake mixes. You can use different kinds of gluten-free flours: rice, sorghum, millet, oat, or a blend of flours if you like. Be sure to start this recipe the night before you want to use it since the flours should soak overnight. The soaked flour mixture will be very thick before adding in the rest of the ingredients. If it is not very thick the batter will be too runny by the end of mixing.*

### Ingredients:

- 1 cup fresh, active brown rice sourdough starter
- 1 cup water
- 1-1/2 cups gluten-free flour of your choice
- 2 large pastured eggs (or 3 small eggs)
- Finely grated zest of 1 large lemon or 2 small lemons
- 1 tablespoon gluten-free vanilla extract
- 2 tablespoons raw honey
- 3 tablespoons coconut oil or butter, melted
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda mixed with 1 teaspoon water
- 1-1/2 cup fresh or frozen wild blueberries (the small size of the wild berries makes for better distribution through the batter)
- Additional coconut oil for griddle



### Instructions:

1. Mix brown rice starter, water, and oat flour together in the Bosch bowl equipped with the cake paddles or cookie whisks. Cover loosely and let sit overnight in a warm spot. (On top of the refrigerator or in a cupboard near a heat source are good options.)
2. In the morning stir in eggs, lemon zest, honey, vanilla, coconut oil (or butter), baking powder, and salt. Blend together thoroughly. Stir in baking soda mixture. Do not overmix.
3. Spoon onto a hot, greased griddle (about 350°F) and scatter about 1-1/2 tablespoons of berries over each pancake. Cook until bubbles break on the surface (about 2 minutes). Turn and cook an additional 1 to 2 minutes, until golden brown. Serve hot with honey-lemon syrup, lemon curd, or fermented blueberry sauce. Makes 20 to 24 pancakes.

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