

Teff pancakes

Ingredients

- 2 cups **Pure** Teff flour
- 1 tbs **Pure** GF baking powder
- 1 tbs **Pure** arrowroot
- ½ tsp sea salt
- 2 tbs unrefined corn oil
- 2 ¼ cups fruit juice (apple, pear or flavour of choice)
- 1 tbs pure vanilla

Preparation method

1. Combine the dry ingredients in a bowl, then add the wet ingredients and mix thoroughly to form a batter.
2. Brush a large frying pan with oil and heat the oil until smoking.
3. Add a ladle of batter and swirl to spread. Once the underside of the pancake has cooked, flip it over to cook the other side.
4. Serve hot either with or without a filling/topping.



5-10 minutes

Preparation time

20-30 minutes

Cooking time

Makes 15 pancakes

By: Innovative

These pancakes taste lovely as they are but you can experiment with complementary fillings. They make a delicious weekend breakfast or light supper.

Notes 