

## *Gluten Free pancake Ideas*



Fold your pancake like a taco and fill it with hearty yet healthy goodies! Perfectly portable!

I love Pamela's products. Pamela's pancake mix (gluten free), one egg, water and a tbsp oil. Easy!! Try their pancake mix or Bob's red mill or others that you love. Cook your pancakes in thick coconut oil for added flavor and health benefits.

Optional fillings ideas include:

nuts, apples and peanut butter

cashew or almond nut butter and cinnamon

Earth Balance vegan butter, pears with maple syrup and dash cinnamon

Meat and cheese or turkey sausage with drizzle maple syrup

Layer something crunchy inside the pancake to help satisfy your senses!