



Gluten-Free German Pancake

A nostalgic bake for me, reminding me of those special dinners with Dad.

PREP TIME

- Prep | 10 m
- Ready in | 30 m
- Cook | 15-20 m
- Makes 1 pancake

INGREDIENTS

- 3 Eggs (free range, organic)
 - 1/2 Cup Milk (dairy/non-dairy ok)
 - 1/2 Cup Oat Flour (gluten-free)
 - 1/4 tsp Salt
 - 1/4 tsp Ground Cinnamon
 - 2 Tbsp Butter (organic, salted is my preference)
 - Maple Syrup or Powdered sugar (for topping)
 - Lemon Juice (optional, topping)
- (Other optional toppings: fresh fruit, jams, apple slices cooked in butter & cinnamon, etc!)

INSTRUCTIONS

- 01** Melt butter in a glass pie pan (or cast iron pan) in the oven, while preheating oven to 400°F
- 02** Whisk eggs, milk, flour, salt, and cinnamon in a medium size bowl
- 03** When butter is melted (and oven pre-heated) pour batter into pie pan. This pancake bakes quickly!
- 04** Remove from oven, place on a plate, and top with a little maple syrup (or powdered sugar for a classic topping) with a squeeze of lemon juice for the perfect balance of sweet & sour. Enjoy!

TIPS & NOTES

This recipe used to be more complex with additional ingredients that *may* have made this pancake rise a little more like the original wheat-filled german pancakes of my youth. However, after making these pancakes and opting out of the 2 extra items, they seemed needless additions. The flavor is great, and the sides still fluff up to provide the nostalgic breakfast treat my inner child craves.

And who doesn't like an easy gluten-free baking recipe!?!

(Optional: add fruit topping! I like to sauté apples in butter and cinnamon or make a quick chia jam with fresh berries from the garden).