

Vegan Gluten Free Pancakes



Servings: 8

*2/3 cup bean water
1/4 teaspoon cream of tartar
1 cup flour, gluten free
1 tablespoon baking powder
1/3 cup brown sugar
1/3 cup dried currants*

Drain liquid from a can of white kidney beans and pour into a stand mixer, add cream of tartar and whip to very stiff peaks. This will look just like meringue or heavy whip cream.

Mix together gluten free flour, baking powder, brown sugar and dried currants.

Gently fold the dry ingredients into the whipped water careful not to overmix

Heat a non stick skillet over medium heat and drop only tablespoon of batter onto skillet. Cook through until there are bubbles around the edges, flip once and cook through.

Serve with syrup and fruit.

Aquafaba is the new vegan secret! It's texture and protein content replaces egg in many recipes. I like it because it makes good use of something that is normally poured down the drain. Waste not, want not.

Per Serving (excluding unknown items): 98 Calories; trace Fat (1.5% calories from fat); 2g Protein; 23g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 186mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 1/2 Other Carbohydrates.