

PANCAKE RECIPES

25 *Must-Eat, Super Easy
and Yummy Pancakes
without Gaining Weight!*



Annie Ramsey

Pancake Recipes: 25 Must-Eat, Super Easy and Yummy Pancakes without Gaining Weight!

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Introduction

We all love pancakes, they are simple, fluffy and delicious and very easy to make. Most people love them for breakfast and now there are countless recipes available. A lot of people prefer pre-mixed pancake batter, which is actually not healthy. It would be better to make your own batter to ensure every ingredient is fresh and not processed. With more and more people becoming conscious of their health, they prefer less calorie ingredients in their food. Here are some low calorie pancake recipes.

Basic Pancakes

Ingredients:

- Gluten free flour (2 cups)
- Baking powder (1/4 teaspoon)
- Beaten egg (1)
- Low Calorie Cold milk OR Vanilla soy-milk (125ml)
- Brown Sugar (As desired)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

- 1- Take the flour in a mixing bowl and make a well in the center.
- 2- Use a whisker to mix an egg and milk in another container like a jug and pour it on the flour into the well and whisk thoroughly.
- 3- Add baking powder, sugar and salt while whisking until every ingredient is combined.
- 4- To ensure the batter isn't too thick, add a splash of milk to loosen its thickness. Keep adding milk while whisking until you have a batter that looks like a slightly thick cream.
- 5- Heat a non-stick fry pan and brush it with fat free butter or cooking oil.
- 6- For a single pancake, pour $\frac{1}{4}$ mixture into the fry pan and cook for a few minutes until bubbles appear on the surface, then turn it over and do the same for the other side. Place the pancake on a plate and repeat the same process for the rest of the mixture.
- 7- Taste the first pancake to ensure the ingredients are according to your need. Add sugar or salt to the remaining batter if the taste isn't sweet enough

Chocolate Pancakes

Ingredients:

- Cocoa powder (3 teaspoons)
- Gluten free flour (2 cups)
- Beaten eggs (1)
- Cold Low calorie milk (125ml)
- Brown Sugar and salt (As desired)

- Baking powder (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

- 1- Whisk an egg and milk in a container.
- 2- Take the flour in a bowl and make a well in the center.
- 3- Pour the egg and milk mixture into the flour while whisking.
- 4- Then add sugar, salt, baking powder and in the end cocoa powder. Make sure you add all these ingredients while whisking.
- 5- If the batter turns out a bit thick, you can loosen it by adding milk.
- 6- Heat a non-stick fry pan and splash some fat free butter or cooking oil.
- 7- Take $\frac{1}{4}$ batter and pour it into the frying pan. Fry until bubbles emerge and then turn over. Repeat the same process for the other side.
- 8- Place the cooked pancake onto a plate and repeat the same process for the remaining batter. Taste the first pancake to make sure it tastes nice.

Coconut Pancake

Coconut improves blood cholesterol level and reduces risk of heart diseases.

Ingredients:

- Gluten free flour (2 cups)
- Coconut milk (1 cup)
- Coconuts sliced (1/4 cup)

- Baking powder ($\frac{3}{4}$ teaspoon)
- Brown Sugar (As desired)
- Beaten Egg (1)
- Salt ($\frac{1}{4}$ teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

- 1- Take coconut milk and mix it with the beaten egg using a whisker.
- 2- Also add sugar and salt to that mixture.
- 3- Take a bowl and fill it with flour and baking powder. Also make a well in the center.
- 4- Pour mixture into the flour in the middle and whisk thoroughly. Add coconut slice while whisking.
- 5- Now the batter is ready, make sure it isn't too thick, otherwise it will stick to the fry pan, add milk until it is similar to single cream.
- 6- Heat a fry pan, spray it with fat free butter or cooking oil.
- 7- Pour $\frac{1}{4}$ batter into the fry pan and cook both sides. When the color turns golden brown, it is nicely fried.
- 8- Repeat the same process for the rest of the batter. Taste the first pancake to ensure it tastes according to your satisfaction.

Hazelnut Pancakes

Hazelnuts are a good source of vitamins and minerals and helps against heart problems.

Ingredients:

- Beaten eggs (1)
- Baking powder (1/4 teaspoon)
- Ground hazelnuts (3/4 cup)
- Low calorie milk (125ml)
- Brown sugar (As desired)
- Salt (1/4 teaspoon)
- Gluten free flour (2 cups)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

- 1- Take the ground hazelnuts and mix them with milk and eggs using a whisker.
- 2- Take baking powder and flour in a bowl and make a well in the center.
- 3- Pour the Liquid mixture into the flour and whisk until all ingredients are completely combined.
- 4- Now you can add sugar and salt.
- 5- The batter shouldn't be too thick, otherwise it will stick to the fry pan, add some more milk to thin it, it should resemble to single cream.
- 6- Heat a non-stick fry pan and splash it with fat free butter or cooking oil.
- 7- Pour $\frac{1}{4}$ mixture into the fry pan and spread it evenly. Cook for a couple of minutes and turn over, do the same for the other side.
- 8- Repeat the same process for the remaining batter.

Vanilla Pancake

Ingredients:

- Gluten free flour (2 cups)
- Vanilla extracts (2 Drops)
- Cold low calorie milk (125ml)
- Baking powder (1/4 teaspoon)
- Brown sugar and salt (As desired)
- Beaten eggs (1)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

- 1- Beat the eggs and mix with milk using a whisker.
- 2- Take the flour in a bowl and make a well in the middle. Pour the eggs and milk mixture into the flour while whisking.
- 3- Then add the Vanilla extracts and baking powder, whisk thoroughly until it is completely mixed.
- 4- Add sugar and salt while whisking.
- 5- Put a small amount of fat free butter or cooking oil in a frying pan and heat it.
- 6- Pour $\frac{1}{4}$ batter into the frying pan and spread it evenly. Cook until bubbles appear on the surface and turn over; repeat the same for other side.
- 7- Taste the first pancake to see if it is according to your satisfaction.
- 8- Repeat the same for the rest of the batter.

Vegan Pancakes

A very calorie pancake recommended for people with weight loss concerns.

Ingredients:

- Baking powder (1/4 teaspoon)
- Brown sugar (As desired)
- Water (1.5 cups)
- Gluten free flour (2 cups)
- Salt (1/4 teaspoon)
- Cooking oil (2 teaspoons)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Take the flour, baking soda in a bowl.

2- Mix water, oil, salt and brown sugar in another bowl and mix with a spoon.

3- Now pour the mixture into the flour and using a whisker to mix. The mixture doesn't have to be completely combined; it would be a little uneven. Just make sure you don't leave any bit dry.

4- Heat a non-stick fry pan and spray it with cooking oil forming a very thin layer.

5- Pour 1/3 batter into the fry pan and cook for a few minutes. When the edges turn slightly brown, turn over and cook the other side.

6- Place the cooked pancake on a plate and repeat the same process for the remaining batter.

Applesauce Pancake

This is a very low calorie pancake. Doesn't require any sugar and oil hence helps in losing weight.

Ingredients:

- Gluten free flour (2 cups)
- Baking soda (1/4 teaspoon)
- Low-calorie milk (250ml)
- Applesauce (Sugar free)
- Beaten eggs (1)
- Baking powder (1/4) teaspoon

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

- 1- Take the flour and baking soda in a bowl and make a well in the center.
- 2- Whisk milk and eggs in another container like a jug.
- 3- Pour this mixture into the flour and whisk thoroughly.
- 4- Add the applesauce while whisking and the batter is almost ready.
- 5- If the batter is too thick, add some milk to thin it out. It should look like single cream.
- 6- Heat a fry pan, due to the presence of applesauce there is no need for any oil.
- 7- Pour ¼ mixture into the fry pan and cook both sides.
- 8- Place the pancake on a plate and repeat the same process for the remaining

batter.

Banana Pancakes

Ingredients:

- Bananas (1)
- Gluten free flour (2 cups)
- Cold fat free milk (125ml)
- Brown sugar and salt (As desired)
- Beaten eggs (1)
- Baking powder (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Remove the Banana`s peel and chop them into little pieces.

2- Mix the milk and egg using a whisker.

3- Take the flour in a bowl and make a well in the center. Pour the egg and milk mixture into the well and whisk thoroughly.

4- After that add the chopped pieces of bananas and whisk. Then add salt, sugar (if needed) and baking powder.

5- If the batter is too thick which it probably will be, add milk to make it a bit thin, just enough that it looks like single cream.

6- Heat a non-stick fry pan and brush it with fat free butter.

7- Pour ¼ batter into the heated fry pan and spread it equally. Cook for a couple of minutes, when bubbles appear on the surface, turn over and do the

same for the other side.

8- Place the pancake on a plate and repeat the same process for the remaining batter.

Peanut Butter Pancakes

Peanut Butter doesn't cause weight gain. It also decreases cardiovascular diseases and lowers the risk of type 2 Diabetes.

Ingredients:

- Chunky OR Plain peanut butter (2 cubes)
- Gluten free flour (2 cups)
- Beaten eggs (1)
- Cold low calorie milk (125ml)
- Baking powder (1/4 teaspoon)
- Brown sugar and salt (As desired)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Take the flour in a bowl and make a well in the middle

2- Mix the milk and egg using a whisker, pour the mixture into the flour and whisk.

3- Start adding the butter while whisking and whisk thoroughly. Then add baking powder, sugar and salt.

4- Make sure the batter isn't too dense by adding milk. Keep adding until it resembles to a slightly thick cream.

5- Heat a non stick fry pan and splash it with cooking oil.

6- Pour $\frac{1}{4}$ of the batter into the fry pan and cook for a few minutes, after bubbles appear and edges look a bit brown, turn over and do the same for the other side.

7- Place the cooked pancake on a plate and repeat the same process for the remaining batter.

Oatmeal Pancakes

Oatmeal helps in weight loss, prevents diabetes and improves heart health.

Ingredients:

- Quick cooking oats
- Cold Low-calorie milk (125ml)
- Gluten free flour (2 cups)
- Baking powder (1/4 teaspoon)
- Beaten eggs (1)
- Brown sugar and salt (As desired)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Whisk the milk and egg in a container.

2- Take the flour and baking powder in a bowl and make a well in the center.

3- Pour the milk and egg mixture in the flour while whisking. Also add oats in the process.

4- Add salt and sugar while whisking if required. If you use vanilla soymilk

then sugar may not be needed.

5- Heat a non-stick fry pan and brush it with fat free butter or cooking oil.

6- Make sure the batter isn't too thick by adding more milk, it should resemble to single cream.

7- Take $\frac{1}{4}$ batter and pour it into the fry pan. Cook until edges turn brown and turn over, do the same for the other side.

8- Place the pancake on a plate and repeat the same process for the rest of the batter. Taste the first pancake to ensure it is good enough

Carrot Pancakes

Carrots are a good source of Vitamins A, C, K and B8. They also help in reducing cholesterol levels and improve cardiovascular health.

Ingredients:

- Carrots (2-3)
- Brown sugar and salt (As desired)
- Baking powder (1/4 teaspoon)
- Cold Vanilla soy milk OR Low calorie milk (125ml)
- Beaten eggs (1)
- Gluten free flour (2 cups)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Chop the carrots into little pieces.

2- Take the flour in a bowl and make a well in the center.

3- Whisk an egg and milk together in a jug and pour the mixture on the flour into the well while whisking.

4- After whisking thoroughly, add carrots, baking powder, salt and sugar (if needed) and whisk thoroughly.

5- Make sure the batter isn't too thick or it will stick to the fry pan. Add milk to loosen its thickness, keep adding until it resembles to single cream.

6- Heat a large non-stick fry pan and brush the pan with fat free butter or normal cooking oil.

7- Take $\frac{1}{4}$ batter and pour it into the frying pan. Cook until bubbles appear and then turn over. Do the same for the other side.

8- Place the cooked pancake onto a plate and repeat the same process for the remaining batter. Taste the first pancake to make sure it tastes nice.

Apple Pancakes

Ingredients:

- Beaten eggs (1)
- Shredded apple (1 cup)
- Gluten free flour (2 cups)
- Low-calorie milk (125ml)
- Baking powder (1/4 teaspoon)
- Brown sugar (As desired)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Take Milk, egg, shredded apple, sugar and salt in a sizeable bowl and mix

them using a whisker.

2- Take another bowl and fill it with flour and baking powder. Make a well in the center.

3- Now pour the mixture into the flour and whisk thoroughly. Whisk until all the ingredients have nicely combined.

4- In order to make sure the batter isn't too heavy and thick, add some milk to thin it out. It should look a lot like single cream. If it remains thick, it will stick to the fry pan.

5- Take a non-stick fry pan and heat it. Splash it with fat-free butter or cooking oil.

6- Take $\frac{1}{4}$ batter and pour it into the fry pan. Cook both sides until they have a nice golden brown.

7- Place the cooked pancake on a plate and repeat the same process for the remaining batter.

Strawberry Pancakes

Ingredients:

- Sliced Strawberries (1 cup)
- Gluten-free flour (2 cups)
- Low-calorie milk (125ml)
- Baking powder (1/4 teaspoon)
- Brown Sugar (As desired)
- Vanilla OR Strawberry extract. (3 teaspoons)
- Salt (1/4 teaspoon)
- Beaten eggs (1)

(Note: The amount of all these ingredients depends on how much you plan to

make)

Method:

1- Take the flour in a bowl with baking powder and make a well in the center.

2- Pour milk in another bowl and mix, brown sugar, salt, beaten egg, sliced strawberries and strawberry extract (for flavor) using a whisker.

3- Pour mixture into the flour and whisk thoroughly, whisk till all ingredients have combined.

4- To make sure the batter isn't too thick, add some milk until it resembles to single cream.

5- Heat a non-stick fry pan, splash it with cooking oil or fat-free butter.

6- Pour $\frac{1}{4}$ batter into the fry pan and cook for a couple of minutes, when the edges seem golden brown, turn it over and do the same for the other side.

7- Place the cooked pancake on a plate and repeat the same process for the remaining batter.

Mango Pancakes

Ingredients:

- Gluten free flour (2 cup)
- Sliced mangoes (1 cup)
- Low calorie milk (125ml)
- Baking powder (1/4 teaspoon)
- Salt (1/4 teaspoon)
- Beaten egg (1)

(Note: The amount of all these ingredients depends on how much you plan to

make)

Method:

1- Mix mango slices with milk, eggs and salt using a whisker or shaker. (Due to the sweet taste of mangoes, no sugar is really required).

2- Take flour and baking powder in a bowl and make a well in the center.

3- Pour the mixture into the flour and whisk thoroughly until all ingredients are combined.

4- Make sure the batter isn't too thick, add some more milk to thin it out. It should resemble to slightly thick cream or single cream.

5- Heat a non-stick fry pan and brush it with fat free butter or cooking oil.

6- Pour $\frac{1}{4}$ mixture into the fry pan and spread it evenly.

7- Cook for a couple of minutes and turn over when the edges turn golden brown. Do the same for the other side.

8- Repeat the same process for the rest of the batter. Serve with honey or any other fruit sauce.

Caramel Pancakes

Caramel is high in proteins and vitamins; it helps in giving a smoother softer skin.

Ingredients:

- Caramel syrup (As desired)
- Beaten eggs (1)
- Low calorie milk (125ml)

- Baking powder (1/4 teaspoon)
- Gluten free flour (2 cups)
- Salt (1/4 teaspoon)
- Brown sugar (As desired)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Take flour and baking soda in a bowl and make a well in the center.

2- Combine milk, egg(s) salt and sugar in another container using a whisker.

3- Pour the mixture into the flour and whisk thoroughly until all ingredients are combined. Also add salt.

4- If the batter is too thick, which it probably will be, add some more milk until resembles to single cream.

5- Heat a non-stick fry pan and spray it with oil.

6- Pour ¼ batter into the fry pan and spread evenly. Cook for a few minutes until the edges become light brown, Turn over and do the same for the other side.

7- Cook some more pancakes and pile them on a plate. 3-4 would be enough. Serve with caramel syrup topping.

Flax seed Pancakes

Flax seeds have a positive effect against many types of cancer.

Ingredients:

- Baking powder (1/4 teaspoon)

- Low calorie milk (125ml)
- Flax seeds ground (1/3 cup)
- Beaten eggs (1)
- Gluten free flour (2 cups)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Mix the egg and milk in a bowl using a whisker.

2- Take another larger bowl and fill it with flour, baking powder and ground flax seeds.

3- Now pour mixture into the flour and whisk thoroughly. Whisk until all ingredients have combined.

4- The batter should resemble to single cream, if it seems too thick, add more milk to thin it out.

5- Heat a non-stick fry pan and splash it with fat-free butter or cooking oil.

6- Pour $\frac{1}{4}$ batter into the fry pan and spread evenly. Cook for a couple of minutes, when the edges turn golden brown, turn over and do the same for the other side.

7- Place the cooked pancake on a plate and repeat the same for the remaining batter.

8- In order to serve with style, pile 3-4 pancakes and top them with any fruit sauce.

Sweet potato Pancakes

Ingredients:

- Beaten eggs (1)
- Plain soy milk (125ml)
- Orange flesh sweet potatoes (2)
- Gluten free flour (2 cups)
- Vanilla extract (1/4 teaspoon)
- Ground Cinnamon (3/4 teaspoon)
- Fat free butter (6 teaspoons)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- You will need mashed potatoes at first. Scrub the potatoes and put them in a medium pan in boiling water. Take them out when they are warm and soft. Remove the skins.

2- Place the flour, ground cinnamon, baking powder and salt in a large bowl.

3- Add butter to the potatoes after they've cooled down and then mash.

4- Now add eggs and soy milk to the mashed potatoes and whisk thoroughly.

5- Pour this mixture into the dry mixture and mix with a whisk. Don't have to mix completely, just make sure you don't leave any part dry. It should be lumpy.

6- Heat a non-stick fry pan and pour $\frac{1}{4}$ batter into it, spread it evenly.

7- When bubbles appear on the surface and edges becomes light goldenish brown, turn over and do the same for the other side.

Pumpkin Pancakes

Ingredients:

- Beaten eggs (1)
- Baking powder (1/4 teaspoon)
- Coconut milk (125ml)
- Ground cinnamon (1/2 teaspoon)
- Salt (1/4 teaspoon)
- Gluten free flour (2 cups)
- Pumpkin puree (1/2 cup)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Take the flour, ground cinnamon and baking powder in a bowl and make a well in the center.

2- Mix together milk, pumpkin puree, eggs and salt in another bowl using a whisker.

3- Pour the mixture into the flour and whisk thoroughly. Whisk until ingredients have nicely combined.

4- The batter should look like single cream, if it is too thick, add some more milk to thin it out.

5- Heat a non-stick fry pan and brush it with either coconut oil or cooking oil.

6- Pour ¼ part of the batter into the fry pan and cook for a couple of minutes. When the edges seem golden brown, turn over and do the same for the other side.

7- Taste the first pancake to ensure it is tasty. In case you want to add sugar,

coconut milk is already sweet so it wont really be required.

Almond butter Pancakes

Ingredients:

- Beaten eggs (1)
- Baking powder (1/4 teaspoon)
- Gluten free flour
- Salt (1/4)
- Almond butter (1/4 butter)
- Low-calorie milk (125ml)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Take a bowl and fill it with milk, salt and beaten eggs, mix all these ingredients using a whisker.

2- Fill another larger bowl with flour and baking soda and make a well in the middle.

3- Pour the mixture into the flour and whisk thoroughly until all ingredients have nicely combined.

4- The batter should not be too thick, otherwise it will stick to the fry pan, add some more milk until it resembles to single cream.

5- Heat a non-stick fry pan and splash it with olive oil or cooking oil.

6- Pour ¼ batter into the fry pan and spread it evenly. Cook for a couple of minutes, when the edges turn golden brown, turn over and cook the other side.

7- Place the cooked pancake on a plate and repeat the same process for the rest of the batter.

8- Pile up 3-4 pancakes and serve with almond butter topping.

Mint Pancakes

Mint helps in digestion and fights against nausea and headache.

Ingredients:

- Beaten eggs (1)
- Baking powder (1/4 teaspoon)
- Mint extracts (1/2 teaspoon)
- Low-calorie milk (125ml)
- Brown sugar (As desired)
- Gluten free flour (2 cups)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Mix milk, beaten egg, salt, sugar and mint extracts together in a bowl using a whisker.

2- Take the flour and baking soda in another bowl and make a well in the center.

3- Pour mixture into the flour and whisk, keep whisking until all ingredients have nicely combined.

4- In order to make sure the batter thickness is perfect, it should resemble to a single cream. Add some more milk to thin it out.

5- Heat a non-stick fry pan and spray it with olive oil.

6- Pour $\frac{1}{4}$ of the batter into the fry pan and fry for a few minutes. When the edges turn golden brown, turn over to other side and do the same.

7- Place the cooked pancake on a plate and repeat the same process for the rest of the batter. If you wish to serve with style, pile 3-4 pancakes and give it a nice topping of either honey or some sauce.

Soy milk Pancakes

Ingredients:

- Beaten eggs (1)
- Baking powder (1/4 teaspoon)
- Gluten free flour (2 cups)
- Vanilla soy milk (150ml)
- Vanilla extracts (1/2 teaspoon)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Mix milk, salt, beaten egg and vanilla extracts in a bowl using a whisker.

2- Take flour and baking powder in a bigger bowl and make a well in the center.

3- Now pour mixture into the flour and whisk thoroughly until all ingredients have nicely combined.

4- The batter should resemble too a single cream. If it turns out too thick then add more milk to thin it out.

5- Heat a non-stick fry pan and splash it with either fat free butter or cooking oil.

6- Pour $\frac{1}{4}$ batter into the fry pan and spread it evenly. Cook for a few minutes and when the edges turn light brown, turn it over and do the same for the other side.

7- Place the cooked pancake on a plate and serve. Repeat the same process for the remaining batter.

Cinnamon Pancakes

Cinnamon lowers blood sugar levels and reduces cardiovascular problems.

Ingredients:

- Beaten eggs (1)
- Ground cinnamon (1 teaspoon)
- Gluten free flour (2 cups)
- Low calorie milk (125ml)
- Vanilla extracts (1½ teaspoon)
- Brown sugar (As desired)
- Salt (1/4 teaspoon)
- Baking powder (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Mix milk, eggs, salt, sugar and vanilla extracts in a bowl using a whisker.

2- Take flour, ground cinnamon and baking powder in another larger bowl and make a well in the center.

3- Now pour the mixture into the flour and whisk thoroughly. Combine all

the ingredients nicely; there should be no lumps.

4- The batter must not be too thick, otherwise it will stick to the fry pan. Add some milk to thin it out, it should resemble to single cream.

5- Heat a non-stick fry pan and spray it with cooking oil or vegetable oil.

6- Pour $\frac{1}{4}$ batter into the fry pan and cook for a couple of minutes. When the edges turn golden brown, turn it over and cook the other side.

7- Place the cooked pancake on a plate and repeat the same process for the remaining batter. IF you wish to serve in style, pile up 3-4 pancakes and top them with any fruit sauce or honey.

Whole-wheat Pancakes

Whole-wheat results in less weight gain and also lowers the risk of diabetes.

Ingredients:

- Baking powder (1/4 teaspoon)
- Brown sugar (As desired)
- Whole-wheat flour (2 cups)
- Beaten eggs (1)
- Salt (1/4 teaspoon)
- Low-calorie milk (125ml)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Whisk milk and eggs in a container like a small jug.

2- Take the whole-wheat flour, baking powder, salt and sugar in another container and make a well in the center.

3- Pour the mixture into the flour and whisk thoroughly. Whisk until all ingredients have combined.

4- The batter may be a little heavy, that's fine.

6- Heat a non-stick fry pan and put either some fat-free butter or cooking oil.

7- Pour $\frac{1}{4}$ batter into the fry pan and spread evenly. Cook for a couple of minutes until the edges turn slightly brown, turn over and do the same for the other side.

8- Repeat the same process for the rest of the batter. Serve with either honey or any fruit sauce.

Blueberry Pancakes

Ingredients:

- Baking powder (1/4 teaspoon)
- Gluten free flour (2 cups)
- Chopped blueberries (1 cup)
- Low calorie milk (125ml)
- Yogurt (1/4 cup)
- Beaten eggs (1)
- Brown sugar (As desired)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Mix milk, yogurt and eggs in a container like a small jug using a whisker.

2- Take the flour, baking powder, salt and brown sugar in a large bowl and

make a well in the center.

3- Now pour the mixture into the flour and whisk thoroughly. Whisk until all the ingredients have nicely combined.

4- The batter should resemble to single cream. If it seems to thick add more milk to thin it out.

5- Now you can add chopped blueberries, they don't have to be mixed.

6- Heat a non stick fry pan and splash it with cooking oil.

7- Pour $\frac{1}{4}$ batter into the fry pan, make sure 2-3 berries fall along. Spread it evenly and cook for a few minutes, when the edges turn golden brown, turn over and do the same for the other side. Place the cooked pancake on a plate.

Cornmeal Pancakes

Cornmeal is a great source of fiber, zinc and iron.

Ingredients:

- Gluten free flour (2 cups)
- Heaped cornmeal (1 cup)
- Baking powder (1/4 teaspoon)
- Beaten eggs (1)
- Brown sugar (As desired)
- Low calorie milk (150ml)
- Salt (1/4 teaspoon)

(Note: The amount of all these ingredients depends on how much you plan to make)

Method:

1- Using a whisker, mix milk and beaten egg in a container.

2- Take flour, baking powder, heaped cornmeal, brown sugar and salt in a large bowl.

3- Pour the mixture into the flour and whisk thoroughly. Whisk until all ingredients have nicely combined.

4- The batter should not be too thick or it will stick to the fry pan. Add some milk to thin it out, it should resemble to single cream.

5- Heat a non-stick fry pan and splash it with fat free butter or cooking oil.

6- Pour $\frac{1}{4}$ batter into the fry pan and cook for a couple of minutes. When the edges turn golden brown, turn over and do the same for the other side.

7- Place the cooked pancake on plate. Serve with honey or any fruit sauce.

From the author

Thank you for purchasing this book.

I really enjoyed writing it, and I've already had some great feedback from readers who enjoyed the book. I hope you too enjoyed it.

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Sincerely Yours,

Annie Ramsey