

BAKED QUINOA PANCAKE

Gluten-free, Dairy-free

You may remember the puffy, oven-baked pancake that was popular in the 1970's. I looked forward to its almost popover-like crispy-chewy consistency. This is my updated, gluten-free, healthier version of that delicious treat. Quinoa is a high-protein seed. Ghee is a clarified butter that no longer contains whey or casein proteins and is therefore considered non-dairy. It has been used for thousands of years with Ayurvedic treatments, and it has a slightly caramel flavor. Purchase organic grass-fed ghee (or coconut oil) from your local health food market. Xantham gum is frequently used in gluten-free foods for its gluten-like binding quality. It is a natural product produced by harmless bacteria.

Serves 2

1 T Miyoko's vegan butter (or coconut oil)
¼ c quinoa flour
½ c almond milk (store-bought organic or homemade nut milk)
1 egg
1 t xantham gum
zest of 1 lemon
juice of ½ lemon
blueberries
drizzle of maple syrup

Preheat oven to 475°. Place ghee into oven-proof 11" sauté pan. When oven is ready, place pan in oven to melt ghee and heat pan for 3 minutes. Meanwhile add the next 5 ingredients to blender. Blend until smooth and consistency of thick cream. Add a splash of almond milk to thin if necessary and combine. Carefully remove pan from oven, and pour in batter. Use spatula or back of spoon to spread batter out evenly on bottom of pan. Bake in oven for 12 minutes. Immediately squeeze lemon juice on top of pancake and top with berries and syrup.