

## Allergy-Free Pancakes

1/2 cup quinoa flour  
1/2 cup fava bean flour  
1 tsp. Aluminum free-Baking powder  
1/8 tsp. Xanthum gum  
2 TBS canola or safflower oil  
1 tsp. Egg replacer  
2 TBS hot water

1 cup rice milk or soy milk

Preheat griddle on med-low heat. Mix first 4 dry ingredients in large mixing bowl. In another mixing bowl, mix 1 tsp of egg replacer with 2 TBS of hot water. Mix until smooth. Add in oil and soy or rice milk. Beat well. Add to dry ingredients. Wisk until batter is just mixed. Spray hot griddle with cooking oil and immediately drop batter by tablespoon. Cook 1-2 minutes per side. Serve immediately.

Pancakes can cool and be put in the freezer. Make sure you put wax paper in between the pancakes so you can take them out easily. Recipe may be doubled.