

# DELICIOUS PANCAKE IDEAS



A **DIABETES.CO.UK** GUIDE TO MAKING PANCAKES GREAT!



# Pancakes...

On 'Pancake Day', better known as Shrove Tuesday, we get loads of people who contact us via email and social media asking us how they can make delicious pancakes that are low carb or gluten-free.

We have searched around and tried and tested a number of different recipes with different types of flours and have a couple for you to have a go at.

## We tried lots of different flours...

We tried making our pancakes with a number of different flours including millet flour, teff flour, buckwheat flour and coconut flour.

We found that the almond flour produced by far the best pancakes but the others also worked. You can buy gluten-free certified almond flour, too.

The millet flour made the pancakes taste a little bit too much like biscuits, and had a bit of a bitter after taste so the recipe might need the addition of some extra sweetener to counteract it.

If you like the flavour of buckwheat and teff, you will love the pancakes these flours make. You could also try a mixture of both of them. Bear in mind though that using these flours will increase the carb content of the pancakes.

We couldn't get the pancakes right with coconut flour, if you love the flavour though, you could try substituting some of the other flour you use for it.

Charlotte x

Don't forget to share a picture of your pancakes on our [Facebook page](#) and on the [Diabetes Forum!](#)





## Lower-carb and Gluten-free Pancakes

Makes 6 · Serves 3

225g almond flour (almond meal)

2 eggs

1 tsp. pure vanilla extract

½ tsp. salt

155ml water

1 tbsp. salted butter or coconut oil

This recipe contains vanilla extract to give it the sweet taste and keep the sugar content low.

### Preparation Method

In a small mixing bowl, whisk the two eggs and add the vanilla extract.

Sift the almond flour and salt into a medium sized mixing bowl.

Make a 'well' in the middle of the flour and add the eggs to the bowl.

Mix with a wooden spoon to combine. Slowly add the water and continue to stir.

On a high heat, add 1 tablespoon of butter or coconut oil into a large non-stick frying pan.

Using a ladle, pour approximately 30ml of the batter into the frying pan.

You should be able to fit 2 or three pancakes in the frying pan but remember to leave enough space in between the pancakes to flip them!



## Preparation Method (Cont)

Cook for 2 minutes on the first side, flip, and cook for a remaining 1-2 minutes on the other side.

Add additional cooking fat as needed. (It helps to flip the pancakes back and forth a bit to ensure they are cooked through.)

Set aside and cook the next pancakes so that there are 6 in total.

Top with your choice of butter or coconut oil, and enjoy.

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Nutritional value per (delicious) pancake

Calories: 282 · Total fat: 25.3g · Saturated fat: 3.6g · Carbohydrate: 3.1g · Protein: 10.6g · Fibre: 2.8g



## Fancy Pancake Ideas...

We've got something for everyone!

### What about if I can't eat eggs?

We tried making this recipe with flax seeds and water which makes a gelatinous consistency and does a similar job to the eggs.

1 tbsp. of ground flax seeds and 3 tbsp. of water is equivalent to 1 egg  
You can buy ground flax seeds from any health food shop, or if you can only get hold of the seeds just leave them to soak for a few hours.

Using flax seeds as a substitute for eggs is also a good way of boosting your omega 3 and fibre intake for the day.

### What else can I add to make my pancake extra special?

If you want to make this recipe *extra* fancy, you could add the following in with the dry ingredients:

- \* ½ tsp ground cinnamon
- \* ¼ tsp ground nutmeg

You can also substitute water for sparkling water for a fluffier pancake.

### What can I top my pancakes with?

Common toppings include:

- \* Sugar-free maple syrup
- \* A squeeze of lemon
- \* Low carb fruits such as raspberries or blueberries
- \* If you're feeling particularly adventurous... bacon!