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Delicious gluten free blueberry pancakes

Cultura RM Exclusive/BRETT STEVENS/Getty Images Gluten-free Blueberry Pancakes features one of nature's richest sources of antioxidant blueberries. Bursting with fresh blueberries, this pancake is so nice and delicious everyone will enjoy them, not just those who are gluten-free. Skip the pancake mixture and make your pancakes from scratch with simple baking ingredients. Light, fluffy and deep purple with all the fresh blueberries, this pancake is a delicious way to start the day. Drizzle hot maple syrup over a steam stack of this gluten-free pancake, or top with this homemade blueberry sauce for additional blueberry goodness (because you can never have too many blueberries). Whether it's Sunday morning brunch or a mid-week breakfast pick-me-up, this gluten-free pancake will make your day. 1 1/4 cups flour (gluten-free purpose blend) 2 tsp. sugar (organic cane) 1 breeding. baking powder (gluten-free) 1 breeding. baking soda 1/4 tsp. salt 1 large egg 2 tbsp. olive oil (light, or your favorite neutral vegetable oil) 1 1/4 cup buttermilk (or your favorite dairy-free substitute) 1 cup blueberries (fresh, if you use frozen blueberries, thaw first) For frying: vegetable oil (for pancakes) Measure dry ingredients together in a bowl Whisk to combine. In a separate bowl, beat egg until thick and foamy. Add oil and buttermilk to egg and whisk to mix. Add dry ingredients and whisk until the pancake batter is smooth. Gently stir in blueberries. On medium-high, heat 1 teaspoon vegetable oil in a heavy skillet. Spit about 1/3 cup pancake batter into hot skillet and smooth the pancakes. Dot the top of the pancakes with 1/4 cup fresh blueberries. Cook until golden brown on the bottom and carefully turn. Cook second side until golden brown. Serve warm with maple syrup or homemade blueberry sauce. Assess this recipe I don't like this at all. It's not the worst. Sure, it will do. I'm a fan-would recommend. Amazing! I love it! Thank you for your rating! Skipping to main content with a wheat allergy may mean missing out on a lot of breakfast favorites, but with this simple recipe there's no need to pass on the blueberry pancakes. Gluten-free flour and minced flaxseed combine for a slightly nutty pancake studded with juicy blueberries. Top with a drizzle of maple syrup and enjoy! Scroll to the top in search of the best Gluten-free Blueberry Pancakes? This quick and easy, healthy blueberry pancakes are vegan, allergy-free, oil-free, and bursts with fresh sweet blueberries! This delicious fluffy pancake is 7 ingredients, freezer-friendly, and a perfect weekend to make breakfast recipe with the kids! Who doesn't love a big ole's fluffy stack of blueberry pancakes? One of the classic variations of the biggest breakfast foods known to humans! Just because they need to be gluten-free, vegan, and allergy-free doesn't mean we have to miss out on this delicious staple This recipe will give you the best gluten-free blueberry pancakes; try-and-true, only 7 7 fluffy deliciousness, and nice darn healthy too! Only 7 simple ingredients I love pancakes because they have that wonderful homemade, comfort food feel, but they don't require (or shouldn't) require many ingredients to make! Even when you need the recipe to be gluten-free, vegan and allergy-free! Once you have a good base recipe, throwing in any add-ins, like blueberries, is simple and up to you. Plus, an easy recipe like this is sugar-free and oil-free, making it a healthy nutritious way to start the day! What you need: Fresh or frozen Blueberries The age-old question. Do you use fresh blueberries or frozen blueberries for blueberry pancakes? Well, the simple answer is... Either! In the scheme of fluffy gluten-free blueberry pancakes, it won't matter if you're using fresh or frozen. The blueberries in the pancake batter become hot little bursts of fruity blueberries sweetness while the cakes cook. Some people will tell you to unfreeze the frozen blueberries first, but this is not necessary. A simple rule: use fresh blueberries when in season, use frozen when they're not! Blueberry Pancakes 365 days a year! To fold in or fall? The other big debate when it comes to blueberry pancakes is to fold in the blueberries to cook the batter before or to drop them on the batter as you cook the first side of the pancakes. I'm a firm believer in folding the blueberries right into the batter. It delivers a better blueberry spread and won't give you pancakes with blueberries just in the center, but everywhere, in your pancakes! To drop the blueberries directly onto the cooking batter, let them out, make a messenger pancake experience, and (make your pan harder to clean!) How to freeze blueberry pancakes I'm all for some bundle cooking and with a ready-to-go stash of pancakes in the freezer! When it's not this weekend, but a busy weekday morning and you still have that hankering for blueberry pancakes, you should still be able to fear the need! While a fresh fluffy stack of pipes hot gluten-free blueberry pancakes is ideal, you can work your meal prepping skills and make a bundle ahead of time. Simply cook the pancakes as normal, but let them cool completely on a wire rack. Using a wire rack ensures they won't get gross and soggy! Once cool, turn each pancake individually into washing paper and store it, flattened and stacked in a freezer bag, in the freezer. When you first freeze them, make sure you keep them flat so they don't break or be deformed! Heating instructions: To heat frozen blueberry pancakes, you might think the microwave is the perfect option. Sure, you can, but you risk ending up with rubber sadness. Just as you like with a slice of leftover pizza, heat your leftovers or frozen pancakes in the grill oven! Just pop the on the rack (use the heated environment if you have it or set the oven to 350°F) and allow the pancakes to crisp evenly warm and edges. a few minutes is you'll have a perfect stack of pre-made blueberry pancakes any day of the week! Get the kids involved! You don't have to slave over a hot pan on Saturday morning without help! Make it a family event by doing the kids all the mixing and stirring. Vegan pancakes don't have raw egg so it makes kid-cooking even better (and safer!) They will love to drop the blueberries into the batter (and eat them from the cardboard). You can do the work of plopping the batter on the hot skillet, flipping and plates. Topping your pancakes with... More fresh blueberries, pure maple syrup or a natural sugar-free variety. A pat of vegan butter can make your blueberry pancakes look like a hot bakery blueberry muffin! Let your imagination run wild (chocolate syrup wouldn't be a bad idea either!) Gluten-Free Blueberry Pancake Print Looking for the Best Gluten-Free Blueberry Pancakes? This quick and easy, healthy blueberry pancakes are vegan, allergy-free, oil-free, and bursts with fresh sweet blueberries! This delicious fluffy pancake is 7 ingredients, freezer-friendly, and a perfect weekend to make breakfast recipe with the kids! Author: Rebecca @ Strength and Sunshine Prep Time: 2 minutes Cooking Time: 8 minutes Total Time: 10 minute Yield: 6 Pancakes 1x Category: Breakfast Method: Stove Top Kitchen: American In a Large Mixing Bowl, combine the 3 dry ingredients together and whisk. Add the apple sauce, milk and vanilla to the bowl and mix together to form a smooth, slightly thick pancake batter. Fold the blueberries into the batter at this point. Heat a greased non-stick skillet over medium-high heat and once hot, drop 1/4 cup batter down for each pancake. Cook the pancakes for 3-4 minutes, before turning the other side around and cooking for an additional 2-3 minutes. Repeat the process as needed for the rest of the batter.* Serve and top up your pancakes to your liking! * Pancake Pro Tip: While making the batch of pancakes, to keep them warm and not soggy, place the final pancakes on a wire rack or baking tray in a low-heated oven at 200°F, until ready to serve everything once! Keywords: blueberry, easy, healthy, fluffy, pancakes, gluten-free, vegan, vegetarian, allergy-free, dairy-free, egg-free, soy-free, nut-free, peanut-free, coconut-free, sesame-free, kid-friendly Easy, fluffy, and delish! No one turns off pancakes and no one should turn down blueberry pancakes either! I always have fruit in the morning and might as well have the fruit directly into the breakfast entrée! More delicious pancake recipes: So tell me: + Are you a guide or a dropper? Stay connected: Facebook: Power and Sunshine Twitter: @RebeccaGF666 Instagram: rebeccagf666 Pinterest: RebeccaGF666 Bloglovin': Power and Sunshine Fluffy Gluten Free Blueberry Pancakes make the most of fresh summer berries. They are perfect for lazy Saturday morning breakfasts. mail contains affiliate links for products and ingredients that I use and You can read my full disclosure here. Thanks for supporting What the Fork Food Blog so I can continue to provide you with free gluten free recipes ♥It's nothing my family likes more for breakfast than pancakes. They are an absolute staple in our household. Not only do we eat them for breakfast, but we often have pancakes for dinner. And often I mean once a week, especially in winter. I told

you they were a staple! Gluten Free Blueberry Pancakes are a simple but tasty twist on our standard recipe for fluffy gluten-free pancakes. In my opinion, fresh blueberry pancakes are best (aka pancakes made with fresh blueberries). If you need to use frozen blueberries, you might want to let them thaw a little first. The pancakes will take a little longer to cook through, so make sure you cook them at a lower temperature to make sure the middle is done and the exterior does not burn. I often pick out the mushy kids and save them specifically for baking and cooking because my kids won't eat soft blueberries. #pickyeaterproblemsCan anyone else relates? What are some of the picky eater quirks you need to deal with in your family? Did you make this blueberry pancake recipe? Leave a star rating and let me know in the comments! You can also leave a photo/comment on this pen for others to see. Before you start this recipe, there are a few things you need to know to help you make the best blueberry pancakes. They get their fluffiness from baking powder. Be sure to use cake powder and not soda cake. I know it sounds stupid to say, but I've made readers that mistake in the past. The batter is also on the thicker side. It's not running as you might see with standard pancake mixture. Thick pancake batter makes thick, fluffy pancakes. If you really need to have a thin, walking pancake batter, feel free to add more milk. Just don't expect to get fluffy pancakes if you do. When it comes to adding the blueberries to the pancakes, I add it to the end once I drop the pancake batter on the grill. It is easier to make sure each pancake has a good (aka perfect) number of blueberries. If you add the blueberries to the batter in the bowl, the blueberries will sink to the bottom as it sits leading to a pair of blueberries absolutely loaded with blueberries and some with barely any. Adding it at the end will ensure your pancakes will cook evenly as well, as they will all be the same size with an equal number of blueberries. I hope you get a chance to make these gluten-free blueberry pancakes while still prime blueberry seasoning. Enjoy!PS Want to make it even faster? Whip up a batch of homemade gluten-free pancake mix to stick in your pantry. It's ready to go anytime the pancake craving strikes! for Homemade Blueberry Pancake Gluten free flour blend (omit the xanthan glue in the recipe if your flour mix contains it). I use my Nightshade Free Gluten Free Flour Mix in this recipe. Fresh Blueberries - they wouldn't be blueberry pancakes without the Maple Syrup – I use pure maple syrup in the pancake batter instead of sugar and you can't serve pancakes without syrup! Baking powder – the pancakes rely on baking powder to make the batter light and fluffy. DO NOT use baking soda instead. Oil - I use avocado oil in my pancakes. Feel free to use canola oil, vegetable oil, melted coconut oil or even melted butter. Equipment needed to make PancakeMixing Bowls - one great for dry ingredients and one small/medium for the wet ingredients. Great OXO Scoop - this scoop makes perfect size pancakes! Use the scoop to pour the batter then smooth the pancakes into even circles. I use them for cookies and cupcakes too so this scoop gets a workout in my kitchen! Electric grill – I use a Double Electric Grill and love it because I can cook 8 pancakes simultaneously. You can also use a Double Burner Griddle or Single Burner (square) Griddle.How to make Blueberry PancakeStep 1. In a large bowl, whisk together the dry ingredients. Then in a separate bowl, whisk together the wet ingredients. Step 2. Stir the wet ingredients into the dry ingredients and let the batter rest for 10 minutes while the grill preheats. Step 3. Use a large scoop (about 1/4 cup) to pour the pancake batter onto the hot grill. Immediately above each pancake with 1 tablespoon fresh blueberries. Cook until bubbles start to appear on top of the pancakes and the bottom is golden brown. Step 4. Turn the pancakes and cook until the bottom is golden brown and the pancakes are cooked through. Transfer pancakes to a plate and keep warm while repeating the cooking process for the remaining pancakes. Step 5. Serve the pancakes warm with butter, maple syrup and more fresh blueberries. If you want to top up your pancakes with a fresh blueberry sauce, use the blueberry topping recipe from my Skinny Mini Blueberry cheesecakes. You can slur the cornflour in the sauce for a thinner, pourable sauce pull away. Tips for making Blueberry PancakeUse fresh blueberries. Frozen blueberries will work in a pinch, but the pancakes will take much longer to cook through. Add your blueberries to individual pancakes when you add the batter to the grid. That way, you can ensure that each pancake gets the right amount of blueberries and the blueberries don't sink everyone to the bottom of the bowl. Freeze leftover pancakes. This pancake freezes really well. Freeze leftovers flat on a sheet pan and once frozen, transfer to a freezer bag. Heat the pancakes in the microwave oven or toaster oven. Other recipes for Gluten Free Pancakes to TryGluten Free Pancake MixAlmond Joy PancakeKelsey's Chocolate Chip Pancakes sure to follow me on Instagram and hashtag #whattheforkfoodblog or tag @whattheforkfoodblog - I love seeing what you make! If you love this recipe for Gluten Free Blueberry Pancakes, make sure you follow me on social media so you miss a post. | Pinterest | Instagram | Facebook | Twitter | Youtube | This Gluten Free Blueberry Pancake Recipe Can Also Be Found on Food Food where I am a regular contributor. 2 cups gluten-free all-purpose flour (see notes) 1/2 teaspoon xanthan adhesive (leave away if your flour mixture contains it) 4 teaspoons baking powder 1 teaspoon fine sea salt 2 large eggs, room temperature 1 1/2 cups milk (regular or unsweetened coconut milk), room temperature 1/4 cup avocado oil, or neutral oil of choice 2 Tablespoons pure maple syrup 1 teaspoon vanilla extract 2/3 cup fresh blueberriesIn a medium bowl, whisk the gluten-free flour, xanthan gum, bowl Set aside. In a large bowl, whisk together the eggs, milk, oil, maple syrup and vanilla extract. Add the dry ingredients to the wet ingredients and stir until combined, a few buds are good. Let the batter rest for 10 minutes. The pancake batter will dam up as it sits. Heat a grill on medium-low heat. When the grill is hot, spoon the batter onto the grill, about 3 tablespoons-1/4 cup at a time. Use your spoon or scoop to form the round pancakes. Cook in butter (optional) or use cooking spray for dairy-free. Or, if your grill isn't sticking, you can cook it dry. If you add your pancake batter to the grill, top each pancake with 1 tablespoon of fresh blueberries. Cook on the first side, then turn when small bubbles start to appear on top of the pancakes and the bottom is golden brown. Cook until the other side is browned and cooked through. Repeat cooking process with the remaining batter/pancakes. Serve immediately with butter and maple syrup. I use my Nightshade Free Gluten Free Flour Mix in this recipe, but it also works well with Bob's Red Mill 1:1 Gluten Free Baking Flour. Just leave the xanthan adhesive asked in the recipe if the blend you are using contains it. While my family doesn't find this pancake to be salty, feel free to reduce the salt by half to suit your taste. Yield: 16 Serving Size: 1 Amount Per Serving: Calories: 127Total Fat: 5gSaturated Fat: 1gTrans Fat: 0gUnsaturated Fat: 4gCholesterol: 25mgCarbohydrates: 16gFiber: 1gSugar: 2gProtein: 3gNutrition Facts Please consult a doctor if you have special dietary needs. Did you make this recipe? Leave a star rating and let me know in the comments! You can also leave a photo/comment on this pen for others to see. See.

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