

# Gluten-Free Buttermilk Pancakes

Source: Dustin Harder of [VeganRoadie.com](http://VeganRoadie.com)

## About the Recipe

**297 Calories • 3 g Protein • 3 g Fiber**  
**Breakfast**

## Ingredients

***Makes 6 Servings***

- 2 cups (250 g) gluten-free all-purpose flour
- 1/4 cup (50 g) organic cane sugar
- 2 teaspoons (9 g) baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 1 2/3 cups (394 mL) unsweetened plain oat milk
- 2 tablespoons (30 mL) apple cider vinegar
- 1/4 cup (60 mL) canola oil (see notes for oil-free option)
- 1 teaspoon alcohol-free vanilla extract

## Directions

1. Add the flour, sugar, baking powder, baking soda, ground cinnamon, and sea salt to a bowl and whisk together the ingredients until combined.
2. Add the milk, vinegar, canola oil, and vanilla extract and whisk until combined and a batter has formed.
3. Heat a nonstick skillet over medium heat and lightly grease with cooking spray, if using. Add 1/3 cup batter for a single pancake to the pan. Add batter for as many pancakes as you can fit, usually 2 or 3. Cook for 3-4 minutes until the edges begin to bubble slightly. Flip and cook an additional 3-4 minutes until cooked through.

4. Serve warm with Universal Meals Quick Strawberry Chia Jam, fresh fruit, or pure maple syrup. &nbsp; OIL-FREE: Omit the oil and use 1/4 cup unsweetened applesauce in its place. Do not grease the skillet; keep the heat on medium and be certain to use a nonstick skillet. Be patient when flipping the pancake to be sure it is released from the pan completely before flipping.

## Nutrition Facts

*Per Serving:*

**Calories:** 297

**Total Fat:** 10 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 31%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrate:** 48 g

**Sugar:** 9 g

**Fiber:** 3 g

**Sodium:** 503 mg

**Calcium:** 180 mg

**Iron:** 1 mg

**Vitamin C:** 0 mg

**Beta-Carotene:** 2 mcg

**Vitamin E:** 0 mg