

Gluten-Free Sourdough Pancakes (FP)

These gluten-free sourdough pancakes were created by our amazing Trim Healthy Content Assistant, Cindy Young. Cindy says that from start to finish, these delicious gluten-free sourdough pancakes will be on your table in less than 20 minutes! These pancakes are the “real deal”, with a flavor profile very much like those made with gluten ... so much so that even her pancake-loving hubby was fooled! Enjoy!

Makes 12- 4” pancakes

Serves: 3-4

INGREDIENTS:

- 6 Tbs egg whites (carton is fine)
- 1½ cups discard or active [Gluten-Free Sourdough Starter](#) (preferably on the thick side; see Recipe Note below for discard information)
- 1 pinch of [TH Mineral Salt](#)
- ½ tsp baking soda
- 2 Tbs [TH Baking Blend](#)
- 2 tsp [TH Whole Husk Psyllium Flakes](#)
- ½ tsp [TH Natural Burst Maple Extract](#) (optional)
- coconut oil spray

INSTRUCTIONS:

1. Preheat the skillet over medium heat.
2. Beat the egg whites in a medium-sized mixing bowl. Whisk in the starter, salt, baking soda, TH Baking Blend, psyllium, and extract, if using.
3. Once the skillet is very hot, spray it with coconut oil and ladle out 2 to 3 tablespoons of batter per pancake. Cook until bubbles just start to form and the edges are firm. Carefully flip and cook until the other side is golden brown.

4. Serve warm with your favorite sugar-free syrup or berry sauce. Top with berries for FP, fruit for E or a generous Tbs of nut butter of choice for S. Combine fuels for XO.

Notes:

- When you feed your sourdough starter, you typically remove a portion to make room for the flour and water you will be feeding it. You can store this “discard” in a jar in the fridge for a few days and use it for sourdough recipes that don’t need the “oomph” of an active starter, such as crackers, cookies, or these pancakes!
- If you are new to Gluten-Free Sourdough Baking, please follow all of the instructions on this page for the [Gluten-Free Sourdough Starter](#).

Protein Nerd Notes:

While these pancakes contain some protein, they do not supply a significant amount for your Protein Nerd Level 3 requirements. Be sure to get your full requirements through other food or with a drink with your meal or snack.