



Gluten Free Lemon Poppy seed Pancake Batter

Uncategorized

source Lake Austin Spa Resort

INGREDIENTS

- 1 cup gluten free flour
- 1/8 cup light brown sugar
- 1/2 tablespoons baking powder
- 1/4 teaspoon baking soda
- 1 pinch sea salt
- 1 tablespoons poppy seeds
- 1/2 lemon grated (zest)
- 2 large eggs
- 1/2 cup low fat buttermilk
- 1/4 cup 2% milk
- 1 teaspoon lemon extract
- 1/2 tablespoon grapeseed oil

DIRECTIONS

1. mix dry
2. mix wet
3. mix both together
4. keep in fridge