



Nutrition and
Dietetics

Gluten-Free Pancakes



Foto: Nadja Lenherr

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Ingredients

Yields 5 pancakes

125 g gluten-free flour
0.3 l milk
3 eggs
1 pinch of salt
a little oil

Preparation

Put the flour in a bowl. In a measuring cup churn eggs and milk. Stir the egg-milk mixture into the flour starting from the center. Add salt and let the batter rest a little at room temperature. Heat the oil in a frying pan. Pour in the batter with a ladle and let it spread evenly. Bake until golden brown on one side, flip and bake until golden brown on the other side. Fill pancakes with ham, cheese, minced meat or spinach. For a sweet alternative fill them with applesauce, cinnamon sugar or fruit compote.

How Useful Is a Gluten-Free Diet?

> thewaitingroom.karger.com/tell-me-about/how-useful-is-a-gluten-free-diet/