



### **Ingredients**

- ✓ 1½ cups gluten-free flour mix
- ✓ 2 small pears or 1 large (about ¾ lbs.)
- ✓ 1 tsp. baking powder
- ✓ ½ tsp. baking soda
- ✓ ½ tsp. ground cinnamon
- ✓ ¼ tsp. salt
- ✓ Ener-G Egg Replacer (equal to 2 eggs)
- ✓ ½ cup almond milk
- ✓ 2 Tbsp. coconut oil (melted)
- ✓ 1 Tbsp. maple syrup or other sweetener

### **Notes:**

- Try Bob's Red Mill gluten free flour mix.
- The pears should be peeled, quartered, cored and sliced thin.
- 2 large eggs, beaten, can be substituted for Ener-G Egg Replacer (Not Vegan).

### **Preparation**

In a medium bowl, combine flour mix, baking powder, baking soda, cinnamon and salt.

Add egg replacer product, reconstituted as directed, to flour mixture. Add almond milk, coconut oil and maple syrup and stir only until well blended. Fold in sliced pears.

Heat a griddle or large sauté pan over medium-low heat. Add additional coconut oil, enough to make a light coating on the griddle or pan. As soon as it's hot, add pancake batter in a quantity according to size of pancakes desired. When top bubbles, flip over and cook reverse side until golden. If batter thickens too much, stir in a bit more almond milk. Serve, sprinkled or drizzled with toppings of choice.