

THE UN-COOKBOOK

OF

OUR FINAL
FREEZER

PANCAKES

PRINCE (YES, *THAT* PRINCE) FAMOUSLY
MADE PANCAKES FOR HIS FRIENDS ON
THE WEEKENDS.

SO DO WE. EVERY SATURDAY, WE COOK
A BIG BREAKFAST FOR ALL THE
PEOPLE IN OUR LIVES WHO KEEP US
SANE.

PANCAKES IS ONE OF OUR GO-TO
BREAKFAST RECIPES THAT WE HAVE
PERFECTED OVER THE YEARS.

SHARE WITH FRIENDS.

THEY ARE HOW YOU GET BY.

EQUIPMENT YOU'LL NEED

- ___ ELECTRIC GRIDDLE
- ___ LARGE MIXING BOWL
- ___ SPATULA
- ___ WHISK
- ___ LADLE
- ___ SMALL BOWL AND PAPER TOWEL
- ___ MEASURING CUPS AND SPOONS

INGREDIENTS YOU'LL NEED:**REGULAR PANCAKES**

- ___ 3 EGGS
- ___ 1 1/2 CUP MILK
- ___ 1 1/2 CUP FLOUR
- ___ 3 TB BROWN SUGAR
- ___ 1 TB BAKING POWDER
- ___ 1 TB OIL
- ___ 1/4 SALT (OPTIONAL)

YIELD

YIELDS 16 PANCAKES

INGREDIENTS YOU'LL NEED:
DAIRY-FREE PANCAKES

___ 3 EGGS

___ 1 1/2 CUP HAZELNUT MILK / SOY
MILK / ALMOND MILK

___ 1 1/2 CUP FLOUR

___ 3 TB BROWN SUGAR

___ 1 TB BAKING POWDER

___ 1 TB OIL

___ 1/4 TSP SALT (OPTIONAL)

YIELD

YIELDS 16 PANCAKES

INGREDIENTS YOU'LL NEED:
**DAIRY-FREE & GLUTEN-FREE
 PANCAKES**

___ 3 EGGS

___ 1 1/2 CUP SOY MILK / HAZELNUT
MILK / ALMOND MILK

___ 1 TB OIL

___ 3/8 CUP (OR 6 TB) HAZELNUT MEAL

___ 5 TB WHITE RICE FLOUR

___ 3/4 CUP SORGHUM FLOUR

___ 1 TB POTATO STARCH

___ 2 TB BAKING POWDER

___ 3 TB BROWN SUGAR

___ 3/4 TSP XANTHAN GUM

___ 1/4 TSP SALT (OPTIONAL)

INGREDIENTS YOU'LL NEED:
APPLE GF & DF PANCAKES

___ 3 EGGS
 ___ 1 1/4 CUP SOY MILK (OR OTHER NON
 -DAIRY ALTERNATIVE)
 ___ 1/2 CUP APPLE BUTTER (NOT
 APPLESAUCE—NOT ENOUGH FLAVOR)
 ___ 1/2 CUP ALMOND FLOUR (SIFTED)
 ___ 1/2 CUP RICE FLOUR (SIFTED)
 ___ 1/2 CUP SORGHUM FLOUR (SIFTED)
 ___ 3 TB DARK BROWN SUGAR
 ___ 3/4 TSP XANTHAN GUM
 ___ 1/2 TSP SALT
 ___ 2 TB BAKING POWDER
 ___ 2 TB OIL
 ___ 1/2 TSP GROUND CARDAMOM & 1/2
 TSP GROUND CINNAMON & 1/2 TSP

YIELD

YIELDS 12-16 PANCAKES

INGREDIENTS YOU'LL NEED:
PUMPKIN DF & GF PANCAKES

___ 3 EGGS
 ___ 1 1/4 CUP SOY MILK (OR OTHER NON
 -DAIRY ALTERNATIVE)
 ___ 1/2 CUP PUMPKIN PUREE
 ___ 1/2 CUP ALMOND FLOUR (SIFTED)
 ___ 1/2 CUP SORGHUM FLOUR (SIFTED)
 ___ 1/2 CUP RICE FLOUR (SIFTED)
 ___ 3 TB DARK BROWN SUGAR
 ___ 3/4 TSP XANTHAN GUM
 ___ 1/2 TSP SALT
 ___ 2 TB BAKING POWDER
 ___ 2 TB OIL
 ___ 1/2 TSP GROUND CINNAMON & 1/2
 TSP GROUND NUTMEG & 1/2 TSP
 GROUND CARDAMOM

WHAT YOU'LL NEED TO DO

1 COMBINE THE WET INGREDIENTS:
EGGS, MILK, AND OIL.

2 COMBINE THE DRY INGREDIENTS:
FLOURS, STARCHES, BAKING
POWDER, BROWN SUGAR, XANTHAN
GUM, AND SALT (OPTIONAL).

3 MIX THE INGREDIENTS UNTIL
SMOOTH.

4 LET THE BATTER REST FOR 20
MINUTES. THIS WILL HYDRATE THE
FLOUR AND AVOID YOUR PANCAKES
BECOMING TOO GRAINY.

5 SET THE GRIDDLE FOR 325. SPREAD
OIL OVER THE GRIDDLE LIGHTLY
WITH A PAPER TOWEL.

6 LADLE THE PANCAKES ONTO THE
GRIDDLE.

7 AFTER A FEW MINUTES, CHECK
THE PANCAKES FOR BROWNING.

WHEN THE PANCAKES ARE GOLDEN
BROWN, FLIP AND COOK ON THE
OTHER SIDE.

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REMOVE AND ENJOY.