



Marithé's delicious recipes

Pancakes with sugar

NO EGGS, WHEAT FLOUR, MILK OR PEANUTS

INGREDIENTS

- Rice flour,
- Caster sugar,
- Sunflower oil or other allowed oil,
- Coconut milk, diluted with water (2/3-1/3),
- Salt.

INSTRUCTIONS

- Mix the rice flour with the sugar in a mixing bowl.
- Add the milk and three tablespoons of oil.
- The mixture should have the same consistency as ordinary pancake batter.
- If it is too thick add some milk.
- Leave to rest for 1/2 hour if possible.
- Cook the pancakes in a non-stick frying pan using the allowed oil.
- Serve with sugar to taste

Variation : for a softer texture, replace 1/3 of the rice flour by 1/3 potato starch.

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