

# Fluffy Japanese Souffle Pancakes

Yield: 3 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-souffle-pancake-recipe>

## Ingredients:

- 4 5/8 tablespoons flour Gum Free, Blend, 24g white rice flour, 8g potato starch not flour, 4g tapioca starch or flour, it's the same...
- 2 large eggs
- 1 1/2 tablespoons whole milk
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 2 tablespoons white sugar granulated, do not substitute, if you want healthy pancakes, then this isn't the recipe for you
- 1 tablespoon flavored oil neutral-, for greasing pan, vegetable, canola, etc
- water
- whipped cream Fresh
- strawberries
- blueberries
- powdered sugar
- butter
- maple syrup

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 165 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 200 milligrams
9. Sugar: 26 grams

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