

Halloween Pancakes

Yield: 5 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-pancakes-recipe>

Ingredients:

- 1 cup gluten free flour Cara's
- 1 tablespoon flaxseed meal
- 2 teaspoons granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup soy milk Silk Organic, original and unsweetened
- 1 tablespoon oil for oil free, use unsweetened apple sauce
- 1 teaspoon apple cider vinegar

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 28 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 260 milligrams
8. Sugar: 3 grams

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