

Rye Fruit Pancakes



Serves	4
Prep time	10 minutes
Cook time	10 minutes
Total time	20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Hot , Serve Warm

Ingredients

- Butter or Nuttelex (for cooking)
- 4 thin slices of fruit (Refer to note)

Pancakes

- 1/2 cup rye flour (sifted)
- 1 teaspoon baking powder (Refer to recipe)
- 1 egg
- 1/3 cup milk or rice milk

Directions

1. Combine the ingredients for the pancakes and whisk until well combined.
2. Melt a little butter or Nuttelex in a frying pan, and once bubbling pour 1/4 cup pancake mixture in. Add a slice of fruit on top.
3. When the pancake is bubbling on top and brown on the bottom, flip it over and cook for another 30-60 seconds until the bottom side is brown.
4. Serve.

Note

Low Chemical / Failsafe

Use any fruit that is tolerated - ripe pears for low chemical/FAILSAFE.

I make my own baking power, it's easy - the recipe is [here](#).