

RICE FLOUR AND YOGURT PANCAKES - *free of wheat, milk, egg

2/3 c Brown Rice Flour (I used sweet Sorghum and it worked great!)

1/3 c cornstarch

1 T sugar

1 t safe baking powder

Pinch salt

1 large egg (I used about a Tablespoon or so of applesauce)

2 T vegetable oil

½ c plain low fat yogurt (I used Wholesoy plain)

½ c low fat milk (I used soy)

Sift the rice flour, cornstarch, sugar, baking powder and salt into a large bowl. In another bowl mix the egg with the oil and yogurt, stir in the milk. Pour the liquid ingredients into the dry ingredients and mix until just blended. Cook over skillet like all pancakes are done!!!! Very good even with all the substitutions!!!!