

World's Best Pancakes (or Waffles)

In a 2 cup measuring cup add 1 heaping tablespoon each of:

Cat Tail pollen
Cat Tail flour
Amaranth flour
Buckwheat flour
Oat flour
Flaxseed meal
Quinoa flour
Brown Rice flour
Almond meal/flour
Whole Wheat or Unbleached Wheat flour (for the gluten)
(If you don't have all of these ingredients, use what you have)

The above should result in 2 cups; if it doesn't, add sufficient wheat flour until it does. **Do this twice.** Combine 4 cups of flour mixture in large mixing bowl.



To this flour mixture, add:

2 teaspoons Sea Salt or Himalayan Rock Crystal Salt

2 tablespoons Raw granulated Sugar

2/3 tablespoon Baking Soda

1 and 1/3 tablespoon Cream of Tartar

(Note: One part Baking Soda and two parts Cream of Tartar combined will perform the same function as Baking Powder, but without the aluminum)



Beat 4 egg whites until stiff and set aside.

Sift together the dry ingredients until they are well combined.



Combine 4 egg yolks with 4 cups rice milk, and beat about 1 minute on low speed

Combine milk mixture to flour mixture and beat on low speed until well blended.



Melt 2 sticks organic butter and slowly add butter liquid to batter, mixing well.



Gently fold in egg whites with wire whisk.

These pancakes will have a darker color than the pancake mixes sold commercially in the stores. The reason is because of the whole grain used in the recipe.



Even someone with a serious appetite won't be comfortable if they eat more than four pancakes in a sitting when the ingredients include Cat Tail pollen and Cat Tail flour. Adding slices of cold butter and maple syrup makes eating these a high priority!

Because I want these for breakfast during the week after I arrive at work in the morning, I will save the majority of these pancakes to eat later as a complex carbohydrate breakfast. Unfortunately, these pancakes will *stick* to anything they come into contact with, particularly Tupperware. I have come to realize that *brown paper bags* prevent this! I cut squares to accommodate the size of the pancake, and then layer them in a Tupperware container in the refrigerator and then take two to work with me daily. They provide sustained, superior energy over an appreciable period of time.

