

Amaranth Pancakes

These pancakes were developed to be dairy- and gluten-free. The slight crunch of amaranth makes these memorably delicious! Soy milk can be substituted for almond milk if desired.

Recipe by [Sara Armstrong](#) | Created on **Mar 13, 2022**

Ingredients

- ½ cup rice flour
- ½ cup sorghum flour
- ½ cup amaranth
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 cup almond milk
- ½ cup unsweetened applesauce
- 1 egg
- cooking spray

Directions

- Heat a griddle over medium heat.
- Whisk rice flour, sorghum flour, amaranth, baking powder, and cinnamon together in a bowl. Stir almond milk, applesauce, and egg into flour mixture until batter is just combined.
- Spray griddle with cooking spray. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Nutrition Facts

Serving: **4 servings** | Calories: **273.1 kcal** | Carbohydrates: **50.9 g** | Protein: **8.6 g** | Saturated fat: **0.9 g** | Cholesterol: **46.5 mg** | Sodium: **185.2 mg** | Fiber: **5.2 g** | Sugar: **5.5 g**

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